

THE ORAL HEALTH EXPERT

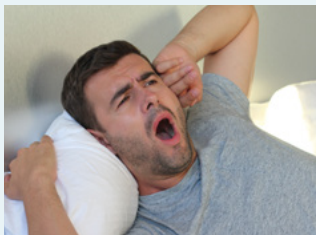
DELTA DENTAL OF ARIZONA

MARCH 2022

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5 Ways Exercise Improves Health



Get outside for some exercise! Moving your body isn't just good for your overall health, it's great for your oral health, too!

See why a little movement each day can lead to healthier bones, a healthier body and a healthier smile:

- 1. Reduces stress.** Exercise can bump up the production of “feel-good” chemicals called endorphins.
- 2. Lowers heart disease risk.** Regular exercise can keep arteries and other blood vessels working properly.
- 3. Decreases risk of gum disease.** Inflammation can erode the soft tissue and bone supporting your teeth. Exercising reduces inflammation in the body.
- 4. Increases saliva flow.** After 10 minutes of exercise, your saliva flow increases, which helps wash away food and bacteria from your mouth.
- 5. Improves sleep.** Physical activity can help you fall asleep faster and alleviate daytime sleepiness.

Springtime is the perfect time to explore some of Arizona's hiking trails. But before you go, remember to drink plenty of water, pack a tooth-friendly snack and slap on the sunscreen.

YOUR A TO Z GUIDE TO VITAMINS AND MINERALS FOR GREAT ORAL HEALTH



Did you know March is National Nutrition Month? It's a great reminder to think about how your diet and nutrition can lead to a healthy smile. Here are key vitamins and minerals that can influence your oral health.

How Does It Keep Your Smile Healthy?	Where Can You Get It?
Vitamin A develops healthy enamel	Fish, egg yolks, supplements, orange-colored veggies
B vitamins prevent mouth sores and inflammation	Poultry, fish, red meat, dairy, legumes, spinach, almonds
Vitamin C keeps gums healthy and strong	Peppers, sweet potatoes, broccoli, berries, kale, citrus fruits
Calcium prevents cavities and erosion	Dairy foods, dark green leafy veggies, sardines, salmon, soybeans, tofu, and supplements
Vitamin E provides antioxidants to prevent inflammation	Nuts, seeds, leafy green veggies, fish, wheat germ and avocados
Iron helps your immune system fight infections	Eggs, seafood, red meat, leafy green veggies and iron-enriched foods
Zinc fights bacteria growth and plaque	Cashews, seeds, legumes, dark chocolate, pumpkin, red meat, oysters, mushrooms and squash

SMILE STATS



In Spanish speaking countries, it's Perez the Mouse who exchanges a lost tooth for a gift just like the Tooth Fairy.¹



Bananas are a great snack for your smile. But did you know they're technically a berry and not a fruit?²



Teeth are like icebergs. Only $\frac{2}{3}$ of your tooth is visible above the gum line.³

Is Your Oral Health at Risk While You Sleep?



One common overnight oral health issue is teeth grinding, also known as bruxism. Here's how it can impact your smile while you sleep.

Since teeth grinding often occurs during sleep, many people don't know they do it. If you notice any of the following, we suggest talking about them with your dentist:

- Headaches
- Grinding sounds while asleep
- Chipped, loose or fractured teeth
- Temperature-sensitivity in teeth
- Worn tooth enamel
- Tooth indentations on the tongue
- Tooth pain or sensitivity
- Aching or stiffness of the face and temples after waking up
- Jaw, neck, or face pain or soreness
- Sleep disruption

Common Causes of Teeth Grinding

There are a number of reasons why you might start grinding your teeth:

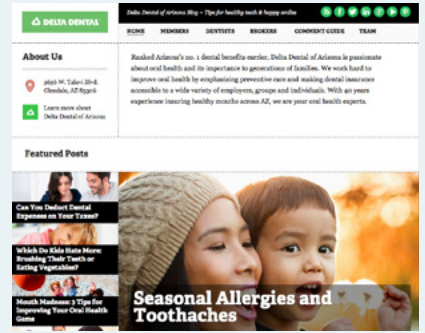
- **Oral Problems:** Tooth issues such as an abnormal bite, missing, or crooked teeth can cause teeth grinding. There may also be an issue with the muscles around your jaw. If these muscles spasm during sleep, it can trigger teeth grinding.
- **Anxiety & Stress:** Worrying excessively can cause you to clench your jaw and work it back and forth.
- **Other Medical Conditions:** Certain disorders like Parkinson's disease, Huntington's disease, and sleep disorders such as sleep apnea can cause teeth grinding.

If you have signs or symptoms of teeth grinding, schedule an appointment with your dentist. They can help identify the best solution to protect your teeth.

MOUTH-HEALTHY RECIPE: CHEESY CHICKEN BROCCOLI CASSEROLE

Ingredients:		Directions:
		<ol style="list-style-type: none"> 1. Preheat oven to 375 F. 2. Place chicken breasts in large baking dish. 3. Sprinkle garlic powder, salt and pepper over chicken. 4. Spread broccoli florets on top. 5. Pour broccoli cheese soup over chicken and broccoli, covering evenly. 6. Top with shredded cheddar cheese. 7. Bake for 45 to 55 minutes or until chicken is cooked to 165 F. 8. Enjoy!
2 pounds of boneless skinless chicken breasts	12 ounces frozen broccoli florets, thawed	
		
1/2 teaspoon garlic powder	Salt and pepper, to taste	
		
2 cans (10.5 ounce each) condensed broccoli cheese soup	1 cup shredded sharp cheddar cheese	

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