

THE ORAL HEALTH EXPERT

DELTA DENTAL OF ARIZONA

MAY 2020

OPEN WIDE SEE WHAT'S INSIDE



P.2 4 Ways Moms Can Keep Their Smiles Healthy

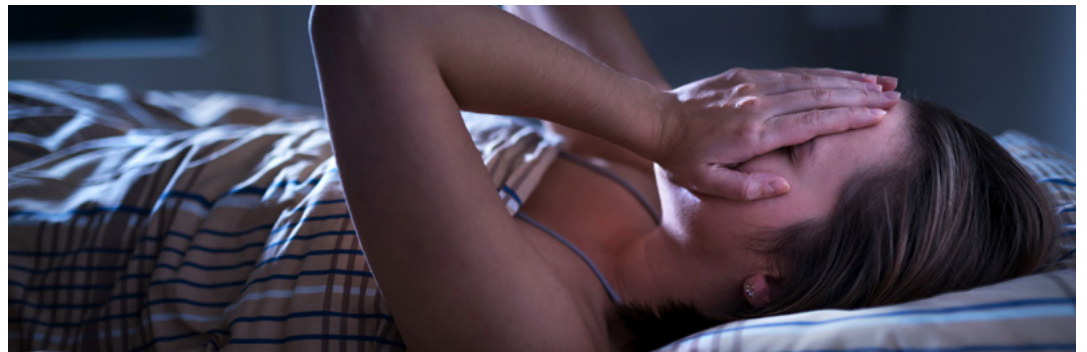


P.3 The Truth Behind a Toothache



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Dreams About Teeth Falling Out?



You've probably had dreams about showing up to work naked or free-falling a massive drop, but many of us have experienced another sleep scenario: a dream about teeth falling out. According to a 2012 study, as many as 39% of people have had dreams about losing teeth.¹

If you have dreams of teeth falling out,² you may be:

- **Experiencing a transition.** Teeth first appear when you're a baby, fall out as you get older, and then grow back again during adolescence. So, it makes sense that when we dream of our teeth, those dreams serve as a parallel to transitional phases in our lives.
- **Lacking self-esteem.** Many people with poor dental health often feel insecure about their appearance, their ability to chew and eat, or even their ability to speak. Missing teeth dreams could also represent this anxiety.
- **Afraid of looking like a fool.** Some interpretations say dreams about losing teeth are related to feeling unprepared or worried about scenarios that would embarrass you.

Do these dreams mean your teeth are really going to fall out? You probably don't need to book it to the dentist right away, but an oral health conversation with a professional never hurts. Research has not made a connection between stress and dreaming of your teeth falling out. However, stress can be a cause for grinding teeth at night.

Studies have found a relationship between "dental irritation" during sleep and teeth dreams. This means that people who wake up with tension in their teeth, gums or jaw are more likely to have dreams about their teeth.³

When it comes to our dreams, remember that meaning is defined by you and your experiences. Depending on your life, the same symbol can have a different meaning to you than it does for someone else. Try to think of any parallels your dreams have with your real life and you just might find an explanation.

4 WAYS MOMS CAN KEEP THEIR SMILES HEALTHY



Why wait for Mother's Day to focus on your well-being? You spend a lot of time making sure your family is healthy and happy, but you also deserve to focus on yourself. Take great care of your oral health with these tips, and you'll see the results in your smile and overall health.

Choose Healthy Snacks

Packing a healthy snack for your kids? Don't forget yourself! Pick these mouth-friendly favorites:

- Crisp pears, apples, carrots and celery can clean cavity-causing plaque from teeth and help freshen breath.
- Cheese and low-sugar yogurt are packed with calcium to protect and strengthen tooth enamel.
- Peanuts are a good source of vitamin D, which helps your body absorb calcium.
- Dark chocolate with at least 70% cocoa is full of antioxidants that can help protect against oral diseases. Plus, chocolate washes off your teeth easier than other candies.

Keep Your Oral Health Routine on Your To-do List

If you're busy and tired from caring for others, it may be tempting to occasionally skip your oral hygiene routine. Take time to brush twice a day with fluoride toothpaste for two minutes each time and floss daily. Practicing a great oral health routine can help you avoid dental issues, which saves time (and money) down the road.

Treat Yourself to a Brighter Smile

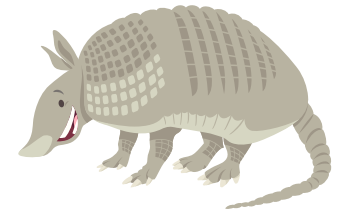
You may want to brighten your smile even more. Ask your dentist about teeth whitening and talk through the safest, most effective method for your budget.

You can also make your teeth look whiter by switching up your makeup. Replace gold or orange lip colors with berry hues. And go for a light taupe bronzer over an orange version.

Discuss Your Health with Your Dentist

Your dentist may even help with your overall health by spotting signs of diseases such as diabetes or heart disease. Let your dentist know if you are pregnant, going through menopause or taking medications, including birth control, as this can influence your oral health, treatment and medication options.

SMILE STATS



The Giant Armadillo has 74 pearly whites and takes the cake for the mammal with the most teeth.⁴



Actor Edgar Buchanan, who is known for his roles in "Green Acres" and "Beverly Hillbillies," was a dentist before becoming an accomplished actor!⁵



With more than 200,000 dentists, India has the most dentists of any country in the world.⁶

The Truth Behind a Toothache



Ouch! Toothaches can be very painful. A toothache often means that something is not right in your mouth or somewhere else in your body. Find out what could be at the root of yours, what you can do to feel better and when you should call your dentist.

Why Does My Tooth Hurt?

Cavities are the most common toothache culprit, but only an oral exam will be able to tell for sure what's at the root of your pain.⁷ Here are some other reasons why your tooth may be throbbing:

- A bacterial infection in the nerve of the tooth, called an abscess
- Gum disease
- Teeth grinding
- Getting hit in the jaw or teeth while playing sports or other activities

Sinus or ear infections can also cause a toothache. They are often accompanied by a headache.

What Can I Do to Ease the Pain?

An over-the-counter pain medication such as Advil or Tylenol may help ease the pain temporarily. Here's what else you can do to try to make the pain go away:

- Rinse with warm salt water
- Gently floss your teeth to see if any food might be trapped there
- Apply a cold compress to the outside of the cheek to reduce swelling, especially if an injury is causing your pain

Should I Call My Dentist?

See your dentist if your toothache lasts longer than a day, because your condition can worsen if left untreated. If your tooth becomes infected, for instance, your dentist may need to pull the tooth or perform a root canal to remove the damaged tissue from the tooth. Contact your dentist immediately if you experience fever, difficulty breathing or swallowing, swelling around the tooth, or pain when you bite, which could signal a cracked tooth.⁸ Your dentist may prescribe pain medication or antibiotics to provide some relief and aid the healing process.

The best way to prevent a toothache is to maintain good oral hygiene—brushing gently twice a day with fluoride toothpaste and flossing at least once a day—and wearing a mouth guard when playing sports.

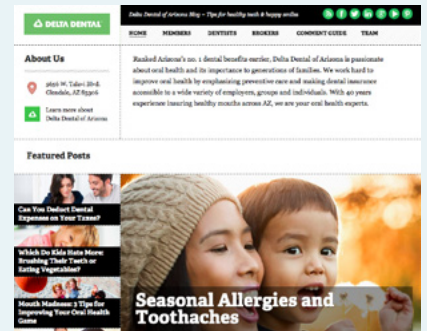
MOUTH-HEALTHY RECIPE: BAKED AVOCADO EGG

Ingredients:	Directions:
 <ul style="list-style-type: none"> • 1 large ripe but firm avocado, at room temperature 	1. Preheat oven to 450° F
<ul style="list-style-type: none"> • 2 medium eggs 	2. Line a small baking dish with parchment paper
<ul style="list-style-type: none"> • ½ tsp. kosher salt 	3. Cut the avocado in half lengthwise
 <ul style="list-style-type: none"> • ¼ tsp. freshly ground pepper 	4. Remove the avocado pit and enough flesh to make a cavity for the egg
<ul style="list-style-type: none"> • ¼ tsp. red pepper flakes 	5. Season the avocado halves using half the kosher salt and black pepper
<ul style="list-style-type: none"> • 1 tbsp. chopped parsley 	6. Place in the baking dish
	7. Pour an egg into each avocado half
	8. Bake about 15 minutes, until the egg whites are set
	9. Season with the remaining kosher salt and black pepper,
	red pepper flakes and parsley
	10. Enjoy!

WANT MORE ORAL HEALTH TIPS AND NEWS?

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deltadentalazblog.com



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SOURCES

¹<https://www.psychologytoday.com/us/blog/dream-factory/201809/why-do-so-many-people-dream-teeth-falling-out>

²<http://dreammoods.com/cgi-bin/teethdreams.pl?search=teethintro>

³<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6168631/>

⁴<https://www.livescience.com/65009-animal-with-most-teeth.html>

⁵<https://idskids.com/thecheckup/famous-dentists-from-around-the-world-2/>

⁶<https://www.worldatlas.com/articles/which-country-has-the-most-dentists.html>

⁷<http://www.knowyourteeth.com/infobites/abc/article/?abc=T&iid=337&aid=1362>

⁸<https://www.mouthhealthy.org/en/az-topics/d/dental-emergencies>