

ORAL CARE

Healthy Mouth ~ Healthy Body

Created by Susan Smith Jones, PhD

30 Minutes to Read



Oral Hygiene

Healthy Mouth ~ Healthy Body

Susan Smith Jones, PhD ©
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Good Oral Care Is My Passion



Introduction

Good oral health is directly related to a person's overall health. When an individual takes proper care of their teeth, they take good care of their future health as well. **Periodontal disease, gum disease and other oral health issues have been linked to many serious health conditions such as diabetes, stroke, heart disease, cancer, Alzheimer's disease and more.**

Anyone looking to decrease their chances of being diagnosed with life-changing health problems later in life must make it a point to care for their oral health now.

When it comes to proper dental hygiene, many underestimate **the importance of brushing their teeth regularly and maintaining healthy gums**. The truth is, taking good care of one's teeth can help keep the entire body running more efficiently, as well as reduce the risk of obtaining many diseases. On top of that, healthy teeth mean a more polished appearance, boosting confidence and overall life satisfaction.



What is Oral Hygiene?

- ✓ Also known as **Oral Care**, it's the practice of keeping our mouth clean and free from disease and other problems such as bad breath. This is done by regular brushing of the teeth (**dental hygiene**) and cleaning between the teeth (**flossing and irrigation**). We all need to strive for happy teeth and a healthy mouth.
- ✓ It is important that oral hygiene be carried out **every day** to enable prevention of dental disease and bad breath. The most common types of dental disease are ...
 - **Tooth decay** (cavities, dental caries)
 - **Gum diseases**, including gingivitis and periodontitis

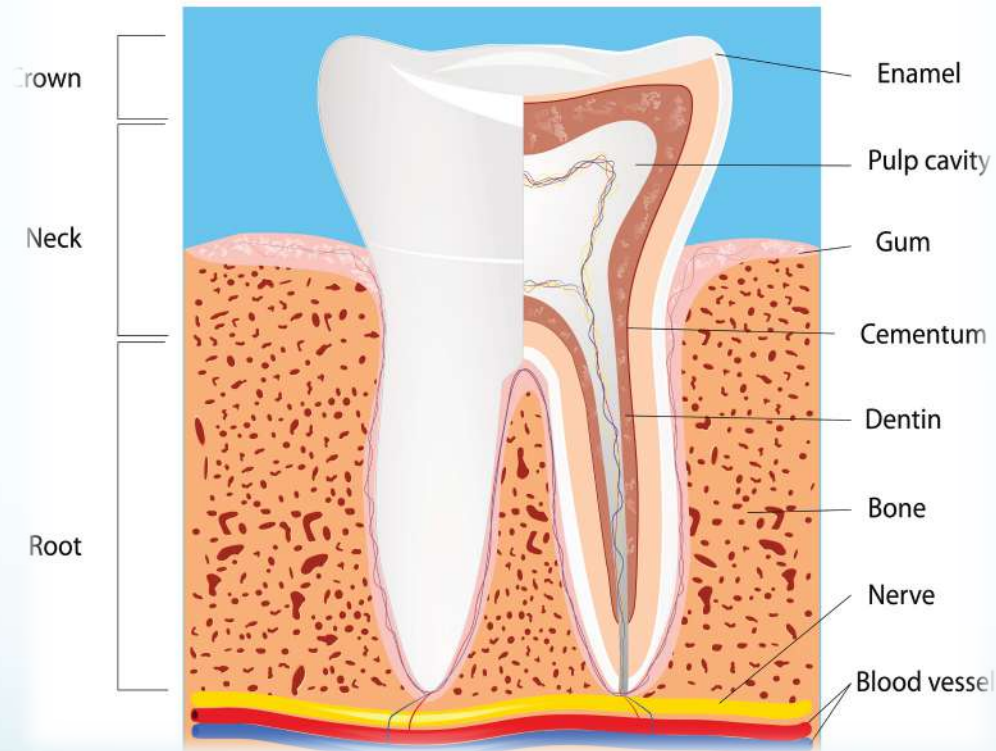


Holding on to anger, resentment and hurt only gives you tense muscles, a headache and a sore jaw from clenching your teeth. Forgiveness gives you back the laughter and the lightness in your life.

~ Joan Lunden

Cross Section of a Molar

Tooth (section of a molar)



My smile has been my ticket to the world. Smiling releases the same feel-good hormones you get jogging. Caring for your lips and gums is important. I brush my teeth morning and night, alternating toothpaste brands. In addition to flossing, I use an oral irrigator to massage my gums and remove food particles. ~ Christie Brinkley

Let's Talk About Oral Care

- ✓ *Regular dental visits*
- ✓ *Health begins in the mouth*
- ✓ *Gum disease*
- ✓ *Flossing & brushing teeth*
- ✓ *Oral irrigation & tongue cleaning*
- ✓ *Toothpaste & mouthwash*
- ✓ *Healthy, sugar-free diet*
- ✓ *Nutritional supplements*
- ✓ *Teeth straightening & whitening*
- ✓ *Implants & crowns*
- ✓ *Cavities and caries*
- ✓ *Animal dental care*
- ✓ *Cigarettes & vaping*
- ✓ *And so much more!*



Excuses for not adopting a top-notch oral hygiene program at home or with your dentist

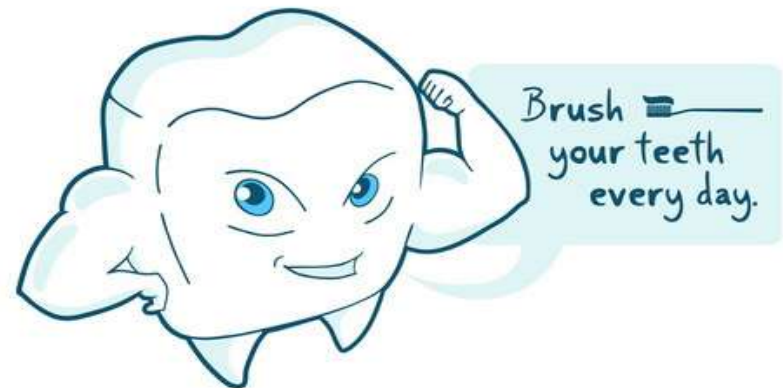
- ✓ *My hands are too big and I have no dexterity.*
- ✓ *My gums bleed and swell with brushing.*
- ✓ *I get my teeth cleaned 2x a year so I don't need to brush or floss.*
- ✓ *It takes too much time and I am a very busy person.*
- ✓ *Losing teeth is part of aging. What can I do?*
- ✓ *My teeth are too tight for the floss.*
- ✓ *I am afraid of damaging my gums when I floss.*
- ✓ *I am not in a relationship so what does it matter.*
- ✓ *It's too expensive to buy floss, toothpaste, mouthwash and visit the dentist.*
- ✓ *I like the taste of food on my tongue after eating so I'd rather not scrape and clean my tongue from any leftover food residue. Besides who wants a pink tongue anyway? My gray, coated tongue goes with my grayish teeth. (-_-)*



No More Excuses

No excuses for poor oral care. It's your choice, so choose wisely!

- If you do indeed have really big hands with minimal dexterity, you can use a **power floss holders** which are very inexpensive.
- If your excuse is that the floss pushes the food down further into the pocket, pay attention. **The floss cleans about 30% of the tooth's surfaces**, and its primary function is to remove the **invisible film of bacteria** that constantly forms between the teeth, causing plaque.
- My gums bleed. In the mildest form of periodontal disease called **gingivitis**, gums redden, swell and bleed easily. Gingivitis is often caused by inadequate oral hygiene and **can be reversible** with professional treatment and good oral home care.



Excuses Begone!

- I get my teeth professionally cleaned twice a year, so I don't have to brush and floss. If plaque is not removed, **it can turn into a hard substance called calculus/tartar in less than two days**. It's so hard that it can only be removed by a professional cleaning. **Daily cleaning will help minimize calculus formation.**
- It takes too long. Thorough brushing and flossing takes about **five minutes**. This is less time than shaving or applying make-up.
- Losing teeth is part of aging. This is definitely not true. More people are keeping their natural teeth longer with **brushing and flossing**. And, make sure that you're using the right equipment. Most dentists recommend a soft-bristled toothbrush that doesn't have bent or frayed bristles. **Brush your teeth at a 45-degree angle in a gentle circular motion several times using short, gentle strokes.**
- My teeth are too tight for the floss. People with tight spaces between their teeth may prefer a **polymer floss** that's been ADA approved.



Goodbye Excuses

- I'm afraid of damaging my gums when I floss. This is why technique is so important. **When flossing, gently insert the floss between the teeth using a back-and-forth motion, guiding the flossing with your forefingers.** Guide the floss to the gum line and curve the floss into a C-shape. Slide it into the space between the gum and tooth until you feel light resistance. Repeat this process between every tooth and don't forget the back sides of your teeth.
- It gets in the way of intimacy with my partner. **I'd rather kiss than floss. Periodontics** is the branch of dentistry concerned with the structures surrounding and supporting the teeth. Research suggests **periodontal disease can pass through saliva**. This means that **common contact of saliva from kissing may put your loved one at an increased risk for contracting periodontal disease.** Is that what you really want to pass along, or pick up from another person?



Visit Your Dentist • I Go to 26th Street Dental in Santa Monica, CA,

- ✓ Most people forget about the dentist appointments they make without a second thought if there is nothing obviously wrong with their oral health. Cleaning teeth at home is essential, but it is not entirely effective. This means making it a routine to visit the dentist every six **(6)** months for a necessary cleaning, as **a thorough cleaning requires the help of professional tools to get the kind of clean the teeth need to remain healthy.** Visiting the dentist regularly also allows for an expert to catch any oral issues early, when they are less painful and easier to treat.



Set a Good Example for Your Children

- ✓ It's important for **parents to set a good example for their children**. Make it a great experience to go to a friendly and competent dentist and hygienist. **A dentist knows all of the proper advice and recommendations to ensure optimal oral health**. So it's imperative to listen to their recommendations on how to care for one's mouth, how to go about cleaning teeth more efficiently and how to maintain good oral health.
- ✓ Oral health is not just about how the teeth appear; **it is about how healthy a smile truly is on the inside**. If an individual's smile is pretty on the surface, but unhealthy inside the mouth, it means nothing in the long run. Listening to the dentist is essential to the development and maintenance of a healthier, prettier smile and more beneficial oral habits.



When to Call Your Dentist



✓ If you experience pain or notice a change in your tooth appearance and placement, you might avoid calling the dentist for fear of the results. Or maybe you do not want to spend the money or the time going to the office to be assessed and risk having further, expensive dental work done. **By ignoring the initial signs of dental problems, you risk causing further harm to your oral health.** If there are obvious signs of a problem, the best thing to do is to call the dentist and make an appointment immediately, as catching dental issues before they become a real problem will ensure that you're maintaining positive oral health.



✓ Taking small steps now will save a lot of time and money in the future. **The cost of regular cleanings every six (6) months is far less than the price of big fixes that will need to be done, should teeth and gums become neglected.** Many preventative steps can be taken to avoid spending big bucks on dental care. If these steps are ignored, extra maintenance is inevitable. Also, **check into getting dental insurance** and dental plans which often cover free cleanings and x-rays.

Teeth Jokes

- ✓ *"Your teeth are like the stars," he said, as he pressed her hand, so white. He spoke the truth, for, like the stars, her teeth came out at night!*
- ✓ *What did one tooth say to the other? Get your cap on, the dentist is taking us out tonight.*
- ✓ *Why is a toothless dog like a tree? It has more bark than bite.*
- ✓ *What happened to the man who put his false teeth in backwards? He ate himself!*
- ✓ *Why do you forget a tooth, as soon as the dentist pulls it out? Because it goes right out of your head.*
- ✓ *What game do you play if you don't take care of your teeth? Tooth (truth) or Consequences.*
- ✓ *What sort of an act do you do? I bend over backwards and pick up a handkerchief with my teeth. Anything else? Then I bend over backwards and pick up my teeth.*
- ✓ *What do you get when you cross a porcupine with a giraffe? A long-necked toothbrush.*



**“More smiling, less worrying. More kindness, less judgment.
More blessed, less stressed.” ~ Excerpt from *UPLIFTED***

- ✓ While your eyes are the windows of the soul, your teeth reflect your level of health and vitality. That’s why **teeth whitening** and **straightening** are more popular than ever in America, and it’s now catching on in other countries like the UK, Canada, and Australia. America always seems to be the harbinger for all things healthy as well as cutting-edge advances, including a myriad of dental advances.
- ✓ To have attractive, healthy-looking teeth also represents, for most people, a higher level of success and prosperity. In my consultations and workshops throughout America and worldwide, **I always recommend to start with your teeth**. It’s not too expensive to whiten your teeth or get invisible braces, which are very popular with adults these days, and even with people in the 40s through 60s.
- ✓ The reason is simple; **both work effortlessly**. Whitening and straightening work immensely well and can make a profound difference in how someone looks and feels about him or herself.



before

after

Smile & Live Gracefully

- ✓ *Let's smile more often and show others our kind and loving heart, our sense of humor and our enthusiasm for life. Let's also keep our mouths clean, refreshed and wholesome so that our faith-filled words will flow from our healthy mouths to bring joy and blessing to everyone we meet on life's journey. ~ Susan Smith Jones*
- ✓ *A smile is the light in your window that tells others that there is a caring, sharing person inside. ~ Denis Waitley*
- ✓ *The fact that I can plant a seed and it becomes a flower, share a bit of knowledge and it becomes another's, smile at someone and receive a smile in return, are to me continual spiritual exercises. ~ Leo Buscaglia*
- ✓ *For me, every hour is grace. And I feel gratitude in my heart each time I can meet someone and look at his or her smile.. ~ Elie Wiesel*
- ✓ *A smile is like an instant facelift and an instant mood lift. ~ Christie Brinkley*
- ✓ *Peace begins with a smile. ~ Mother Teresa*



5 Reasons to Straighten Teeth

- 1) Appearance: **Straight, white teeth are more attractive than crooked, yellowed and broken down teeth.** Along with the straight teeth comes an improved bite. Various bite problems from **overbite to underbite can cause excessive wear of your teeth,** possible jaw joint problems and even problems breathing. Crowded teeth, crooked teeth, overjet and overbite can **all lead to swollen, red, bleeding gums because it is difficult to brush and floss around them.**
- 2) **Straight teeth are healthier teeth.** Straight teeth get fewer cavities, are less likely to have problems with discoloration, uneven wear and fractures. The gums are healthier too and therefore you are less likely to develop periodontal (gum) disease. **Straight teeth and healthy gums mean you can chew anything you want.** Your teeth are less likely to be sensitive to heat or cold and you lower your risk of painful and expensive dental problems.



My Vote for Straight Teeth



3) With straight teeth, you will feel better about yourself. Truth be told, appearance does matter. Studies have proven over and over again the advantages of an attractive appearance and smile as it relates to job opportunities — from the amount of money you make and even the people you attract into your life. Like it or not, **your smile is a reflection of you.**



4) Getting your teeth straightened **could potentially help you live longer.** There are well known studies that prove that **people who floss daily will live an extra 7 years longer.** Flossing is fun when you have room for the floss and not so fun when your teeth are crooked and crowded. A study done in 2009 and published in the *American Journal of Cardiology* showed that **people with gum disease are 24 to 35 percent more likely to suffer coronary artery disease.** As mentioned above, straight teeth are easier to keep clean and, therefore, **you are less likely to have gum disease and heart disease, too!**

Straight White Teeth = Beautiful Smile



- 5) Straight teeth is a simple way to prevent your teeth from getting fractured. Protruding (buck) teeth are easily broken from an accidental fall, sports related injury, car accidents and schoolyard brawls. I have seen this happen on many occasions to friends of all ages. **By getting your teeth straightened and your protruding teeth back inside your mouth, you will find that you have a better chance of keeping them from injury.** Of course, if you do play contact sports, I always recommend a mouth guard to protect your teeth during orthodontics and after they are perfectly straight.

Eschew Smoking

- ✓ **Stop Smoking:** Smoking is among the smelliest and most unhealthy habits, both overall and orally. **The tobacco found in cigarettes has been proven to be among the most damaging things one can introduce into their mouth**, and the support for these claims is unwavering. The primary concern is overall health, as **smoking is a leading cause of throat, lung, tongue and various other cancers.**
- ✓ What many fail to realize is just how much oral health is affected by smoking; it not only causes apparent tooth discoloration, it also wears away at the enamel, can **permanently change a person's breath and leads to multiple oral-related cancers and diseases.** This includes **electronic cigarettes** called an **e-cigs** that produce vapor from liquid containing flavoring and nicotine. (aka: juuling or vaping)
- ✓ **Cigarette smoking damages the lungs, heart, brain and entire body and can also kill you. And to be clear, VAPING poisons the brain and body and can cause** respiratory illness, pneumonia and death. If you are addicted to **vaping**, you must find a way to stop immediately. Your health and quality of life depend on it.



Abstain from Nail Biting

- ✓ Biting the fingernails causes serious damage, not only to the hands, but also to the teeth. **Teeth are not meant to withstand the damage of nail biting**, and most individuals have no idea just **how many bacteria they are introducing to their mouths** when they bite their nails. **Hands are dirty**, and everyone should make it a priority to quit this nasty habit in order to ensure optimal oral health. Children imitate your habits, too, so be a shining example for sound and sturdy oral health and vitality.



Refrain from Ice Chewing

- ✓ One of the **most damaging things to do to one's teeth is chewing ice**. Although it is tempting, and many do not even realize they are doing such damage, the effects of eating ice are prevalent to a dental professional upon inspection. Ice is undoubtedly hard; thus it is not good for teeth for obvious reasons. **Breaking down ice using one's teeth can cause the surface to crack and break, wearing down the enamel and making the teeth more susceptible to further damage, like cavities.**
- ✓ Eating ice cream can also ruin fillings inside the mouth, **as ice causes the filling to expand, shortening its lifespan and increasing sensitivity**. Other risks associated with chewing ice include **damaged gums, cracked teeth, headaches, toothaches, soreness in the jaw and brain freezes**. For some, chewing on ice is a sign of greater, possibly underlying, health problems such as anemia caused by an iron deficiency in the bloodstream. It is imperative that those who are **addicted to eating ice (a condition called pagophagia)** seek the guidance of a medical professional.



Oral Care Funnies

- Happiness is your dentist telling you it won't hurt and then having him catch his hand in the drill. ~ **Johnny Carson**
- Some tortures are physical, and some are mental, but the one that is both is dental. ~ **Ogden Nash**
- For there was never yet a philosopher that could endure the toothache patiently. ~ **Shakespeare**
- Adam and Eve had many advantages, but the principal one was that they escaped teething. ~ **Mark Twain**
- Tooth decay was a perennial national problem that meant a mouthful of silver for patients, and for dentists a pocketful of gold. ~ **Claudia Wallis**
- I told my dentist my teeth are going yellow. He told me to wear a brown tie. ~ **Rodney Dangerfield**
- All the adversity I've had in my life, all my troubles and obstacles, have strengthened me... You may not realize it when it happens, but a kick in the teeth may be the best thing in the world for you. ~ **Walt Disney**



To motivate you to make your Oral Health a priority, here are several reasons below and clarification in the next few slides...

- ✓ **Prevent gum disease**
- ✓ **Protect your heart**
- ✓ **Reduce diabetes risk**
- ✓ **Prevent abscesses**
- ✓ **Keep pregnancy healthy**
- ✓ **Help lose weight**
- ✓ **Chew and speak properly**
- ✓ **Prevent bad breath**
- ✓ **Maintain confidence**
- ✓ **Designed to last a lifetime – your teeth!**



The Riveting Story of Plaque — Part 1

- ✓ The story begins with **plaque, the sticky substance that develops on the surface of the teeth.** But what is plaque? Simply put, it is a **combination of bacteria, proteins and minerals that are in our saliva.** Proteins and minerals provide a self-sufficient world for the bacteria. The minerals fixate to the tooth's surface (**above the gum line and below the gum line**), providing bacteria with a place to adhere. The proteins provide food for the bacteria. **Bacteria are living organisms; they eat and digest just as we do. It is the toxins within their waste that can present problems.** Now don't be alarmed; bacteria have their common place within us; they assist in our digestive process. It is when we do not provide a clean environment for them to live, that we have problems.
- ✓ **Periodontal disease starts under the gums, as a result of neglecting these toxins. This is the first stage of periodontal disease, referred to as gingivitis.** Gingivitis is the most common among the population and the most overlooked. The gums become inflamed and start to bleed. **Please note that it is here, at this point, that your cleaning efforts are most important to circumvent further problems.**



The Riveting Story of Plaque — Part 2

- ✓ **Now how can our oral care affect our overall health?** This can be best understood with the following simple example. Most people are familiar with instructions that are given to the heart patients when they experience chest pains, which is to take a nitroglycerin tablet. Where does the doctor instruct the patient to place the tablet? **Under the tongue—because there is a series of blood vessels under the tongue** that allow this medication to enter the blood stream more rapidly, thereby quickly affording the patient the relief he seeks.
- ✓ The main functions of the blood stream are to rid the body of toxins and to transport oxygen and nutrients to heal and energize the body. As I elucidate in ***Wired for High-Level Wellness, UPLIFTED*** and ***A HUG IN A MUG: Revitalize with Fruits, Veggies, Juices, Soups, Spices, Teas & Healthy Living Extras***, if toxic build-up is greater than its riddance, these toxins can find their way to vital organs, and **this is the basic link between periodontal disease and how it can affect our overall health.**



Prevent Gum Disease

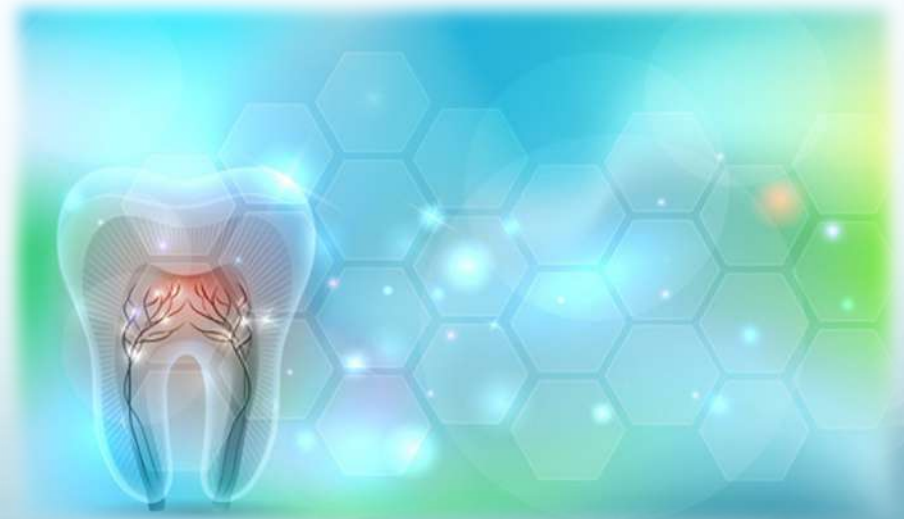
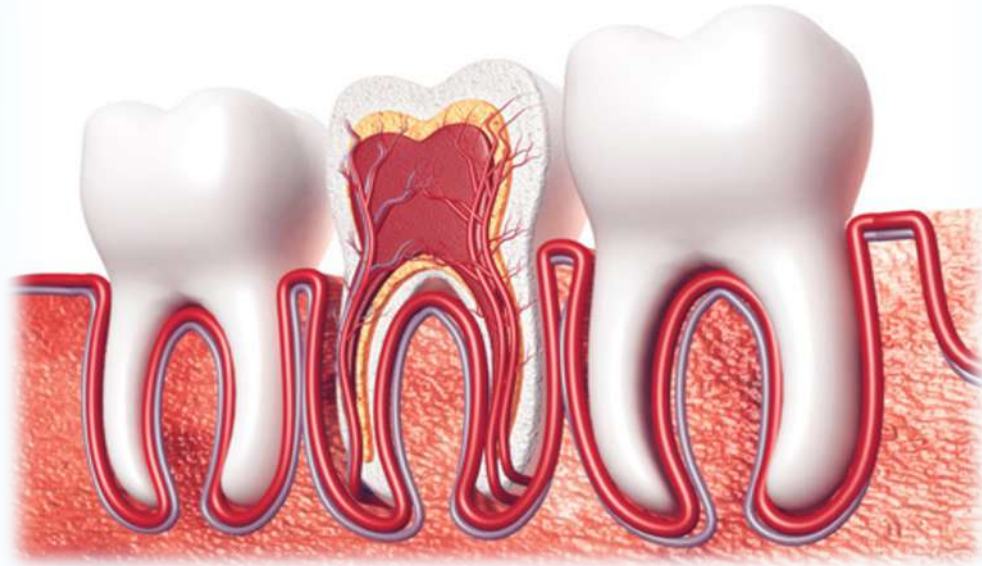
- ✓ **Gum disease** is the swelling or soreness of the gums (soft tissue) around your teeth. It's caused by **bacteria in plaque, a sticky, colorless film that forms on your teeth.**
- ✓ The plaque bacteria produce **toxins that can lead to inflammation of the gums** called **gingivitis**. This initial stage of gum disease is reversible. However, if you do not remove plaque by brushing and flossing your teeth, **it can build up and infect your gums, teeth and the bone that supports them, leading to a more severe form of gum disease, periodontitis.**
- ✓ The signs of gum disease are not always easy to see and can be painless. **The earlier gum disease is caught, the easier it is to treat.** Put simply, see your dentist regularly.



Unhealthy Gums = Unhealthy Body



Appreciate Your Teeth



Protect Your Heart



- ✓ There are more links between the mouth and the heart than one might suspect. It is thought that **plaque build-up will result in harmful bacteria entering the bloodstream, thus affecting the heart's ability to pump efficiently.** Also, inflammation of the gums may have a connection with clots forming throughout a person's body, which affects blood flow and forces the heart to work harder than necessary.
- ✓ In the end, **the same life choices that lead to gum disease are the same ones that lead to heart problems.** By avoiding foods and drinks which damage teeth and **opting for colorful whole foods**, keeping up a regular brushing routine, and by taking steps to live a healthier lifestyle, a person's body will remain much healthier throughout time.
- ✓ My books **WIRED FOR HIGH LEVEL WELLNESS** and **A HUG IN A MUG** have many easy-to-prepare, nutritious, delicious recipes along with countless suggestions for the best superfoods to make part of your healthy living diet.

Smile Everyday ♥ Teeth Are Always in Style

♥ Smiles are contagious so go forth and contaminate as many people as you can!



Reduce Diabetes Risk

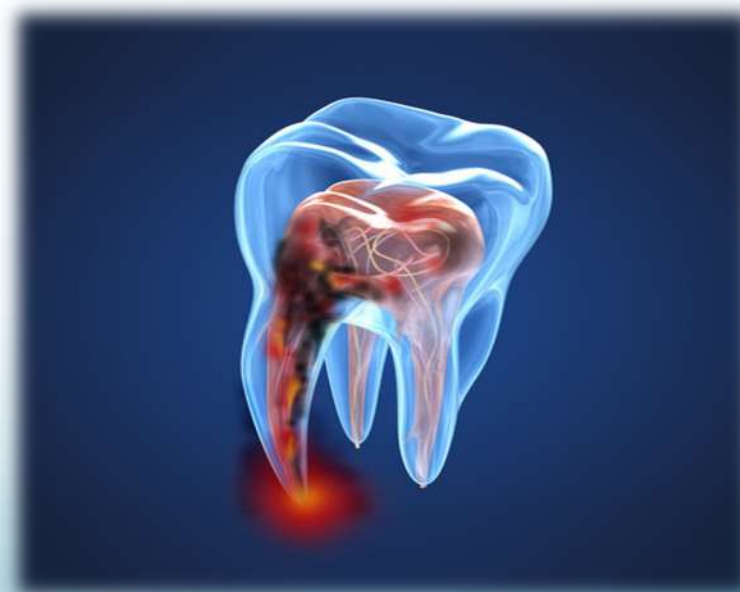
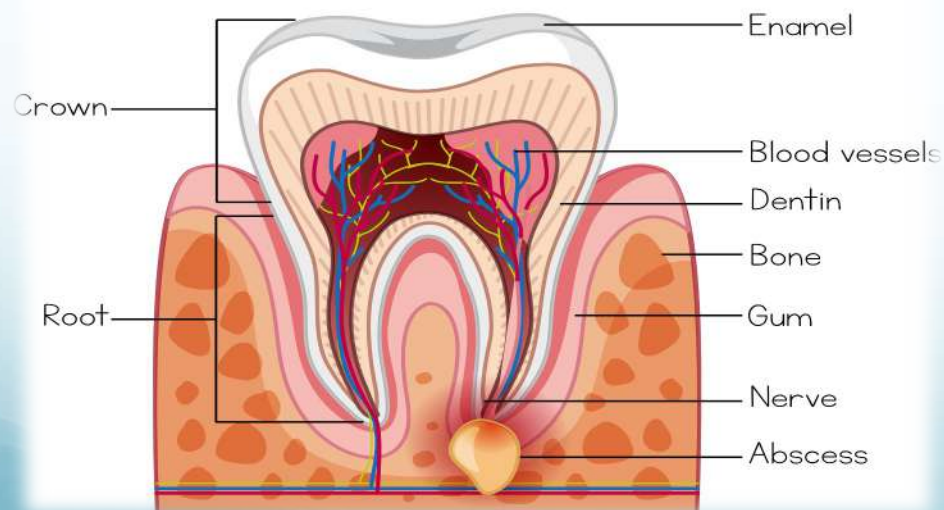
- ✓ Dental problems have the capability of increasing a person's likelihood of developing diabetes. **Gum disease leads to countless issues within the entire body and affects the ability to control insulin levels, which will trigger diabetes naturally.**
- ✓ Once a person **is diagnosed with diabetes, his or her likelihood of developing other teeth and gum issues often arise**, thus initiating a vicious cycle. These problems have to do with possessing less control over blood sugar levels, which then affects the body's ability to fight off infections. **Maintaining good dental health will help keep diabetes-related problems in check**, should you find yourself diagnosed.



Prevent Abscesses

- ✓ The mouth is prone to various forms of build-up, especially when not given proper care. There are a lot of bacteria on a person's teeth and throughout the mouth. **Addressing this bacteria and taking the appropriate steps to get rid of it will prevent infections that could eventually turn into painful abscesses.**
- ✓ **Redness, swelling, open sores, and foul breath are just some of the many symptoms that go along with dental abscesses.** They're also known for being quite painful and can make the teeth very sensitive. Ignoring a tooth abscess may lead to the eventual removal of the tooth or a root canal. In other cases, the gums themselves need to be drained, so an incision is made to help work the infection out.

Abscess in the gum



Keep Pregnancy Healthy



- Pregnancy impacts various parts of the body, some of which may be more surprising than others. Many do not realize the impact that keeping teeth clean makes in maintaining the health of an unborn baby. **There have been links between gum disease and miscarriages, as well as premature births.**
- Bacteria that builds up in the mouth can quickly spread throughout the body, so **keeping up a good dental routine is important when trying to grow another life.** Staying up-to-date on check-ups and brushing at least twice a day is still safe to do while pregnant.

Help Lose Weight



- ✓ It may sound silly, but brushing one's teeth can trigger the mentality that **it is time to stop eating for the day**. If a person gets into the routine of brushing after their last meal, then eating again would mean having to brush again which is not an ideal plan.
- ✓ It takes 21 days for your brain and body to accept a new habit, so **make an agreement to brush your teeth (and oral irrigate, too) after your last meal** and see how easy it will be after only three weeks.
- ✓ Once a routine is established, the idea of eating after brushing will become less appealing, making late-night snacking less desirable. On top of this, **food tends to taste differently after brushing**. If a cookie craving kicks in, but the taste is assured to be different than expected, a person is far less likely to enjoy it.



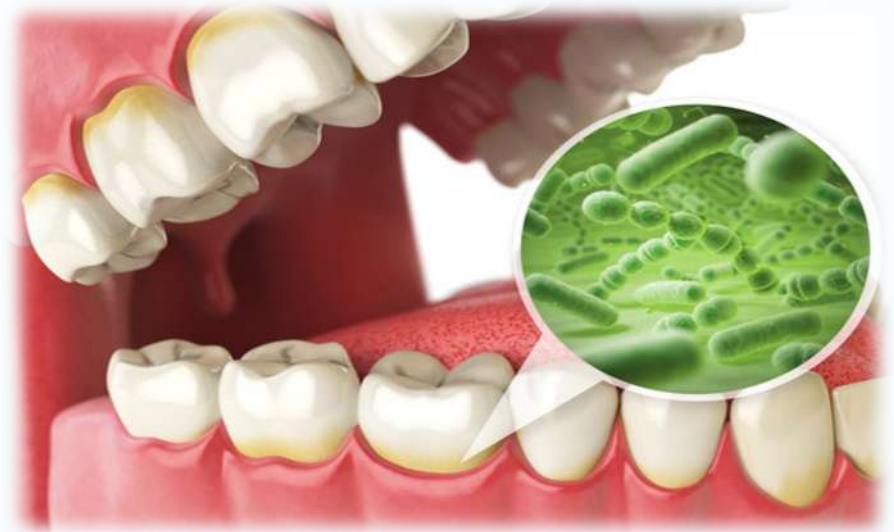
Chew & Speak Properly

- ✓ If teeth start to decay or **if infections go too long without being addressed, the jaw, lips and tongue could be affected, thus causing problems with speech.** Not being able to communicate properly will create many challenges as far as maintaining daily routines and will prompt the need to reevaluate how normal activities should be addressed.
- ✓ Maintaining a healthy diet is important in keeping all parts of the body functioning efficiently. **Without the ability to chew properly, eating becomes less enjoyable and more difficult.** If the teeth are not healthy enough to fulfill their primary purpose of breaking down food, alternative options may need to be considered, such as **pureeing the food or only eating certain types of foods with softer textures.**



Prevent Bad Breath ~ Halitosis

- ✓ When bacteria build up, they are accompanied by many negative things. One of these is a nasty smell coming from the mouth. **When food gets left out of proper storage, it quickly starts to go bad and stink.** The same applies to food that is stuck in teeth. If it sits there long enough, it will produce an unpleasant odor making those who have to smell it uncomfortable.



- ✓ **Flossing, brushing and maintaining regular check-ups will all work wonders in preventing bad breath from occurring.** Certain foods are more prone to cause odor, so if garlic or onion was recently consumed, a few extra brushes or swigs of mouthwash (and sprigs of chlorophyll-rich parsley) throughout the day will not hurt anything and will help in keeping breath fresh.



Maintain Confidence

- ✓ Not maintaining teeth and mouth health leads to decay and infection, both of which cause unsightly issues throughout the mouth. **Abscesses, swollen gums, missing teeth and plaque build-up are just a few of the many things that can make a person feel insecure about their smile.**
- ✓ Other health issues that come about due to improper dental care can hinder a person's confidence, as well. **When the body is not functioning as efficiently as possible, it often affects moods and comfort levels.** By keeping everything in top shape, attitudes will be positively affected, thus affecting overall life outlook and boosting self-esteem.



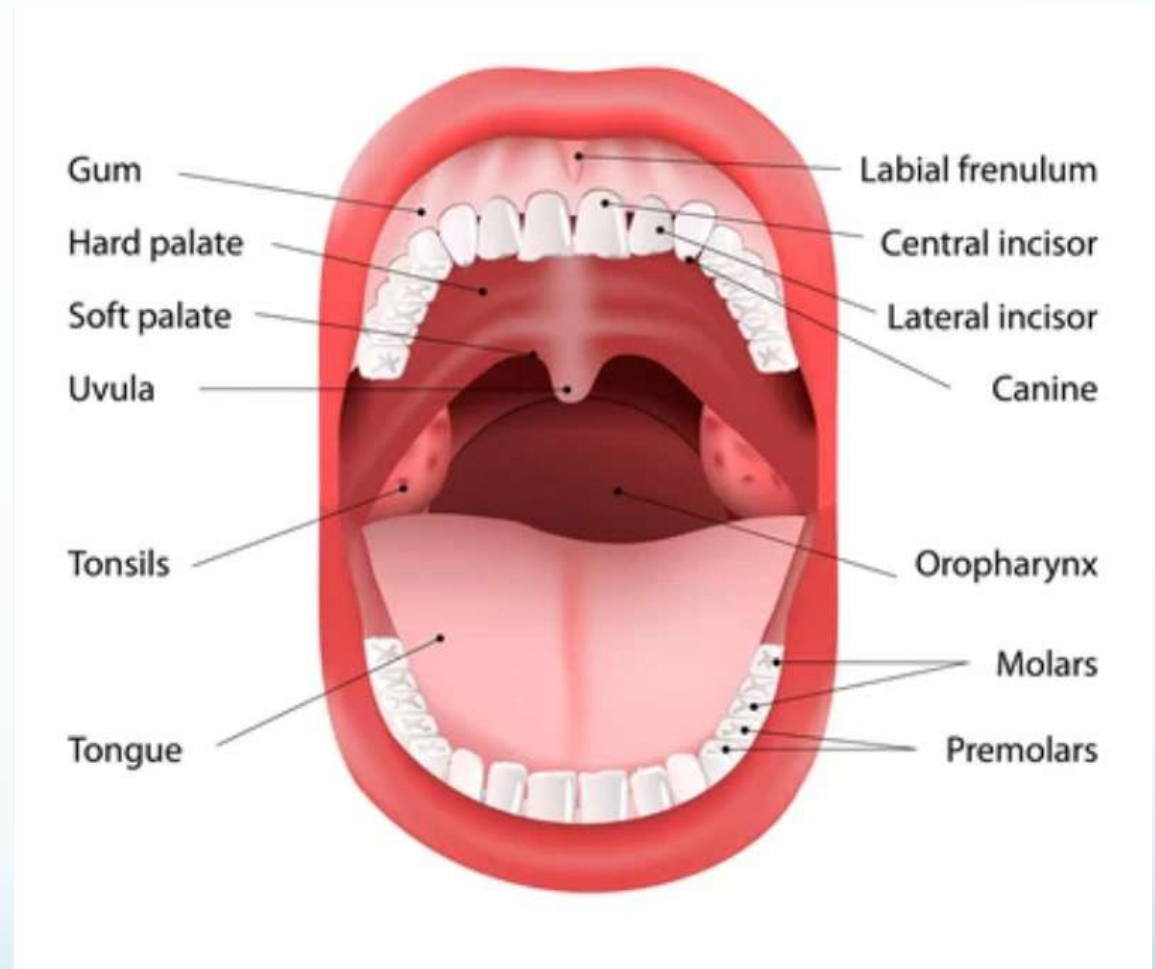
Oral Care Sayings & Quotes...

- Floss like a boss!
- Teeth are always in style.
- Be kind to your dentist. She has “fillings” too.
- Keep calm and brush on.
- It’s all fun and games until a tooth gets knocked out.
- Don’t rush when you brush.
- Improving lives, one smile at a time.
- Floss ‘em or toss ‘em!
- Oral Hygiene is two thirds of health.
- Brush your teeth every day to keep the dentist away.
- Next time you see your dental hygienist, give her a notecard with the following words:
“Thank you for being my teeth-cleaning, floss-threading, pocket-probing, root=planing, enamel-sealing, perio-preventing, biofilm-removing, oral cancer checking and prevention specializing... Dental Hygienist.”



Your Teeth Should Last A Lifetime

- ✓ When someone smiles at you, or you smile in the mirror, what do you see? For most, you see teeth and part of the gums all surrounded by lips. **Your teeth make it possible for you to chew your food, and they are held into place by your gums.** The main function of the gums is to protect the teeth.
- ✓ **Your teeth are designed to last a lifetime; it's gum disease, also known as periodontal disease that would cause you to lose your teeth.** We all like to see perfectly aligned and straight teeth when we look in the mirror or at other people.

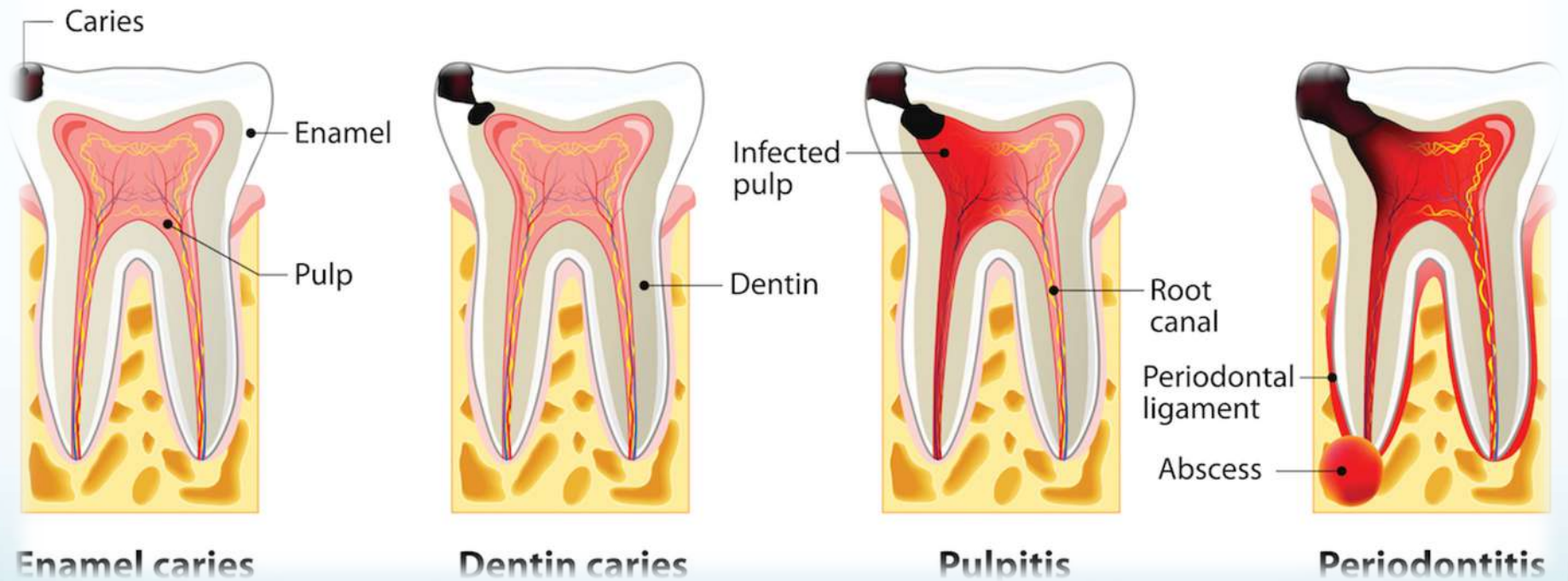


Cavities & Caries



- ✓ **Tooth decay is the lay term for dental caries.** Dental caries is the medical, or actually dental, name given to an infectious disease process that results in damage to the various layers of the tooth: the outer enamel, inner dentin and even the cementum (outer root material) of teeth.
- ✓ In a susceptible tooth, **bacteria metabolize (convert) sugars from your diet into acids that damage the tooth structure, resulting in — you guessed it — cavities.** It can also attack the cementum of exposed root surfaces, causing root surface caries. Although the infective process can vary, this bacterially produced acid usually attacks the protected areas of teeth, meaning **the microscopic pits and fissures and contact areas between the teeth where a toothbrush can't reach.**
- ✓ **As enamel breaks down (and minerals are dissolved out of the tooth surface), the process eventually penetrates into the underlying dentin, which contains much less mineral than the enamel.** The process progresses faster in the softer dentin, where it mushrooms beneath the enamel thereby undermining it, causing “cavitation” — true cavity formation.

Stages of Caries Development



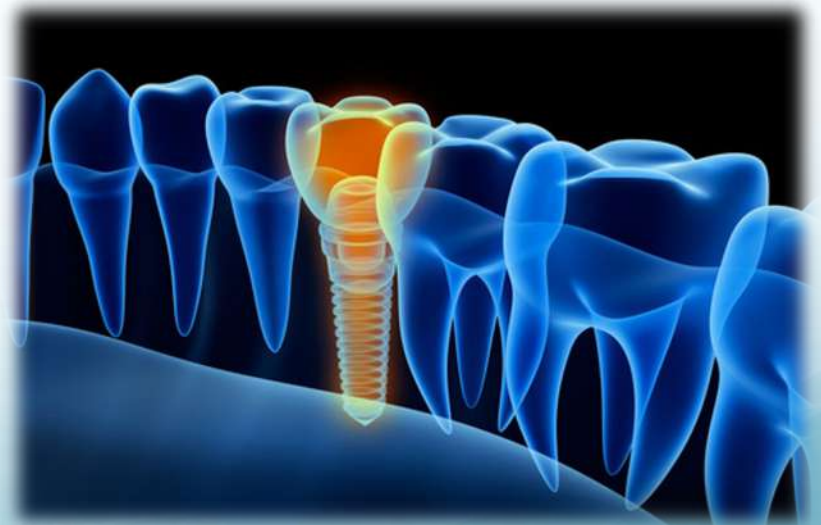
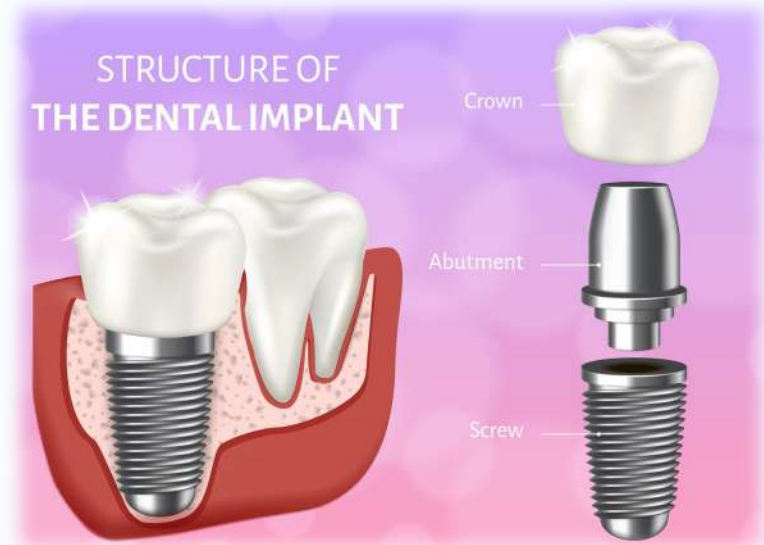
Crowns



- ✓ Whether you are prone to tooth problems or you have just been slacking a bit on dental hygiene, it's always disappointing to head to the dentist and learn you have a cavity. In most cases, these **cavities can be filled to protect your teeth and prevent further decay**, but what happens if the damage to your tooth is deeper?
- ✓ If you are still experiencing pain months after getting a cavity filled, or even if you are just looking to restore the appearance and integrity of a previously damaged tooth, crowns are a viable option.
- ✓ Crowns are a “fixed prosthetic device” that improve the appearance and reinforce the structure of your tooth. Unlike dentures which you remove to clean daily, crowns are a permanent fixture in your mouth and can only be applied or removed by a dentist. **A crown is used to completely cover or “cap” the top of a damaged tooth. Crowns are a useful method of repairing and protecting the tooth from further damage while potentially improving the alignment and appearance of teeth suffering from decay.**
- ✓ **Root Canals** are necessary for tooth decay that a regular filling will not address. Dentists will apply a crown to the tooth in these situations. If you have an upcoming root canal, talk to your dentist about options for crowns.

Missing Teeth & Implants

- ✓ **Missing teeth can compromise your eating habits, speech and appearance.** Since tooth loss leads to bone loss in the jaw, **it can change the original shape of your face and cause a look of premature aging.** When a tooth is lost, the bone that previously surrounded the tooth root melts away. **When all of the teeth are missing, the facial structure may collapse as the jaw deteriorates over time.** In extreme cases, people who wear dentures may avoid social contact, make poor food choices and suffer from denture sore-spots.
- ✓ **Dental implants can help to preserve the bone by providing the stimulation that was previously provided by the natural tooth roots, thereby helping to maintain the integrity of your facial structures.**
- ✓ As substitute tooth roots, **implants bond with the bone to form a stable foundation for permanent replacement teeth** that look, feel and function like natural teeth.



Benefits of Dental Implants

- ✓ By utilizing dental implants, people who are missing teeth may be spared the many problems associated with traditional false teeth. **Dental implant treatment restores the beauty of your natural smile.** If you qualify as a candidate for dental implants, the benefits of this treatment may help you to improve the quality of your life. Make sure you work with a dentist who specializes in implants.

Benefits of dental implants

- The closest replacement possible to natural teeth
- Stable replacement for teeth for eating and smiling with confidence
- Help to maintain the integrity of facial structures
- Allow for superior esthetics
- Can eliminate the pain of ill-fitting partials and dentures



Dental Care for Our Furry Friends

Cats & Dogs - Part 1



- ✓ While we humans know that brushing our teeth is important, our pets certainly don't! Many dental problems in cats and dogs can lead to life-threatening infections if left untreated. One study found that **three out of four pets over the age of three already have dental disease**. Yikes!
- ✓ **What should I use?** Rule number one: **NEVER** use your own toothpaste to brush your dog or cat's teeth. The ingredients in human toothpaste can make your pet very sick. Luckily, **there are many feline and dog toothpastes available in flavors like tuna or chicken that your pet will enjoy**. Additionally, a pet's toothbrush is usually smaller, softer and more flexible than human toothbrushes. Many veterinarians are happy to provide brushing lessons and carry brushes specifically for animals. You can also find brushes in all pet stores.

Furry Friend Dental Care - Part 2

How do I do it? Your pet can enjoy and look forward to having its teeth brushed as long as he is taught that the exercise is fun, not punishing. **Make sure you praise and encourage your pet along the way and feed him treats when he takes to your brushing.** Don't overly restrain your cat or dog, it's better to keep sessions positive and short. **Here is a quick 6-step instructional on brushing your pet's teeth:**

- 1)** Before you start with brushing, I recommend to give your dog or cat dental treats, smart sticks or bones and chews to start the process. There are many good brands on the market. Find ones that are a tasty treat and freshen breath all-in-one. **Their chewy texture helps scrub off plaque and tartar buildup, while your dog stays busy chewing away.** Also, look for ones that do not contain any added sugar or artificial colors, flavors or preservatives, so you can feel good about using them as your go-to dental treat.
- 2)** First, have your pet get used to the taste of the toothpaste. **Let him lick some off your finger, and then off the toothbrush so he gets used to the texture.** You may want to do this over the course of a week until your pet looks forward to licking the toothpaste. If he continues to dislike it, trying switching to a different flavor.
- 3)** For best results, **hold your cat or small dog in your lap.** You can lean medium-big sized dogs against a wall or couch.



Furry Friend Dental Care – Part 3

4) Once your pet is relaxed, gently raise the lip on one side of the mouth and begin brushing gently from the gums downward. **You may want to start with just a few teeth in your first sessions, and slowly work your way up to brushing all teeth.** Continue working your way around the outside of the teeth until you have brushed the entire mouth. Don't forget the back upper molars and the canines, as these teeth quickly build up tartar. Do not worry about brushing the inside of the teeth, focus on cleaning only cheek-facing surfaces.

5) You don't need to rinse your pet's mouth, but you can give them access to a water bowl when finished. **Afterwards reward your dog with a treat, playtime or petting to positively reinforce that the brushing process is fun!**

6) **How often?** While it's optimal to brush your pet's teeth everyday, a few times a week is a great start. The biggest challenge will be getting your pet used to the routine. Once he starts to like it, it won't feel like a task for either of you. **The important thing is to start brushing as soon as possible.** Just like with children, the earlier they start, the more quickly and easily they will adapt to the routine.

Watch for signs: While cleaning your pet's teeth regularly can prevent additional veterinary bills down the road, it does not replace regular dental examinations. **Make sure your pet still receives professional dental cleaning at least once a year.**



Protect Your Teeth – Mouth Guard



- ✓ Playing sports, either professionally or recreationally, puts people at risk for additional oral issues. It is imperative that these **individuals keep their teeth and mouth protected from impact from another player or a ball when they are on the field.** Sports and other activities that require ample time making contact with people or objects have the potential to damage teeth significantly, and mouth guards are a helpful preventative measure.
- ✓ A good dentist wants to see all patients involved in contact sports or other activities protect their teeth, so they are not required to fix the problems caused by a lack of care. **Mouth guards** are readily available in many stores, and custom guards are easily obtainable through a dentist.

Grinding Your Teeth

- ✓ Grinding teeth is a common factor that is detrimental to one's oral health. Many do not even realize that they are participating in this habit, especially those who only grind in their sleep. **Grinding teeth is most commonly a result of stress, anxiety or an improper bite alignment.** In many cases, patients are unaware they grind their teeth until it is heard by a loved one or mentioned by a dental professional.
- ✓ **When sleep grinding, the jaw exerts three to ten times (3-10x) more force than when chewing and breaking down food.** When eating, part of the force is absorbed by the food a person is chewing, creating a buffer and lessening the amount of force on the teeth. However, **when grinding in the absence of food, the teeth are required to take the entire force of the jaw.** This contributes to the wearing down of tooth enamel, making teeth more susceptible to damage.
- ✓ In more severe cases, a person has ground through the upper enamel and exposed the layer of dentin, leading to an increase in sensitivity and further tooth decay. **A properly molded mouth guard is an essential prevention tool that's worn nightly for those who grind their teeth.** I wear one nightly.



Stains on Your Teeth – Part 1



- ✓ It's never a great feeling to look in the mirror and notice unsightly stains on your teeth, especially if you have no idea what might have caused them. There are plenty of reasons your teeth might become discolored, but some causes are easier to pin down than others. If you think any of the following reasons for brown stains on your teeth might apply to you, consider contacting your local dentist. **The sooner you talk to a professional, the sooner you can learn about options to bring back a whiter, brighter smile.**

Common reasons for brown stains on teeth...

- ✓ **Tooth decay.** Brown stains on teeth are often a sign of tooth decay, which happens if you don't practice good oral hygiene or go too long without treatment. **The basic cycle: when you don't brush your teeth, the sugars in the foods you eat end up stuck to the surface of your teeth. This creates the perfect environment for bacteria to grow and spread, destroying your tooth enamel in the process. When your enamel gets eaten away by bacteria, it creates brown spots.**
- ✓ **Tartar buildup.** A precursor to tooth decay, tartar is no joke. **The sugars stuck to your teeth don't just become food for bacteria. Left too long, they also become a sticky yellowish substance called plaque.** And if you don't brush and floss the plaque away, it hardens into a substance called tartar, which is often brown. **Tartar is much harder to get rid of than plaque—it generally requires a dentist to scrape it off your teeth—so if you want to avoid it, make sure to brush and floss regularly.**

Stains on Your Teeth – Part 2

- ✓ **Celiac disease.** According to the Celiac Disease Awareness Campaign, **people with Celiac disease often have underdeveloped tooth enamel.** White, yellow and brown spots may appear, and the enamel may be translucent. Because the effects are permanent, many patients with Celiac disease talk to their dentists about veneers to cover the condition.
- ✓ **Food staining.** Certain foods such as **coffee, tea and wine can often cause staining on the teeth.** Coffee and tea in particular can cause yellowish or brownish staining, because the pigment of the drink is so dark. If you drink a lot of coffee, or eat a lot of other common tooth-staining foods, **make sure to brush extra well and consider cutting down your intake.** I often brush my teeth after drinking tea or, at least, rinse my mouth out with water.
- ✓ **Tobacco products.** It's a well-known medical fact that tobacco products are terrible for your teeth and your mouth in general. **Smoking is the worst culprit, but chewing tobacco can also lead to brown stains on teeth,** as well as far more serious issues such as tooth decay, gum disease and even oral cancer.
- ✓ **Age.** **Our teeth tend to become discolored as we grow older.** If you've noticed your teeth taking on a yellowish, grayish or brownish color — or developing streaks, spots, etc. — it could be a side effect of aging. Luckily, there are plenty of options to help whiten or restore your teeth to their natural, youthful shine.



Healthy Diet without Sugar

- ✓ We all wish to age beautifully with a good set of teeth and good bone structure, because they reflect our overall health and personality. To maintain good health of these two sets, just depending on **sufficient intake of calcium is not enough**. In fact, several other nutrients and vitamins are required to maintain the strength of your bones and teeth.
- ✓ **Avoid sugary foods**. The World Health Organization says we should limit added sugar consumption to fewer than 6 teaspoons per day. (I recommend to limit it entirely!) **Considering that the average can of Coca-Cola contains 10 teaspoons of sugar**, we have a lot of cutting down to do in order to meet the recommended limit. And sugar is not just making us fat. **All that added sugar is destroying our teeth**, too. By the age of 6, half of American kids have decay in their baby teeth and by the age of 12, half have decay in their adult teeth. Thousands of children as young as three (3!) years of age are hospitalized in order to have multiple teeth extracts because of the effects of sugar.

Sugary foods not only cause cavities and gum disease, they also lead to obesity, diabetes, inflammation and cancer.



Healthy Diet without Sugar – Part 3



- ✓ Of course, a very important step in preventing cavities and tooth decay is regular brushing, a minimum of twice daily. It is advisable to brush after each meal where possible and then before you go to bed at night.

Foods and beverages to support good Oral Hygiene include the following:

- **Apples** – clean the surface of the teeth
- **Celery** – keeps bacteria in your mouth at bay
- **Water** – helps to clean your mouth and keeps gums hydrated
- **Kiwi** – is a great source of Vitamin C maintaining a collagen network
- **Onions** – remove bacteria from your mouth when eaten raw
- **Leafy greens** – are rich in protein, calcium and chlorophyll (freshens breath)
- **Pears** – neutralize acids on the surface of the teeth
- **Flaxseeds** and **chia seeds** – good source of Omega 3s

Embrace the Sunshine

- ✓ The sun is an excellent source of natural vitamin D. **Vitamin D plays a crucial role in the regulation of both calcium and phosphorus levels in the bloodstream, which are two incredibly important factors in the development and maintenance of strong, healthy bones. Since teeth are bones**, they too are reliant on ample sunshine to remain healthy and bright. If an individual lacks vitamin D, they are at risk of developing a calcium deficiency, which contributes to overall poor oral health in the way of underdeveloped teeth, decay and gum diseases like gingivitis. In more severe cases, **calcium deficiency can result in periodontal disease**, which affects not only the gums but the periodontal ligaments and alveolar bones of teeth as well.
- ✓ In order to ensure proper exposure to vitamin D, consider spending time outdoors regularly, taking supplements (especially if you are a vegan as I am) and consuming foods that are vitamin D-rich (i.e. shiitake mushrooms, fish and fish oils, almond milk, soy products, orange juice, oatmeal, fortified foods, dairy and eggs, etc).



Tongue Cleaning

- ✓ **The tongue has the heaviest bacterial amount of any part of your mouth.** Nevertheless, many people do not clean their tongue. When you do not clean your tongue properly, you can have negative side effects. **Help yourself avoid bad breath, increased tooth decay and an unsightly tongue.** Make sure you clean your tongue properly.
- ✓ **Check out your tongue.** Look at the different parts of it. It is not a smooth surface, and all those bumps and crevices can harbor bacteria. **Half of the bacteria in your mouth lives on your tongue.** This can form a film over your tongue, and contribute to a variety of health problems. **Your tongue should be pink.**
- ✓ **Know how cleaning your tongue helps.** When you use a cleaner on your tongue, you do more than just help fight bad breath. You break up the tissue on the tongue, which helps to avoid 'hairy' tongue. **You also remove bacteria that can contribute to tooth decay.** Poor oral hygiene has been linked to a variety of health issues, and this includes **cleaning your tongue to help...**
 - *Control unwanted bacteria that can contribute to tooth decay*
 - *Fight bad breath and improve your sense of taste*
 - *Get a better aesthetic when smiling or laughing*



Brushing Your Teeth

✓ **Brushing too hard, too soft, not in the right direction and so many other factors affect the cleanliness of the mouth more than most individuals imagine.** Your dentist and hygienist know the most efficient way to brush teeth, and that is not something that can be altered if you want to maintain a healthy smile. When you fail to brush correctly, you miss vital spots on the teeth and do not get your teeth nearly as clean as they should be **to ensure the prevention of dental issues like cavities and gingivitis.**



✓ **There is a specific way in which brushing is most beneficial;** first, hold the toothbrush at a forty-five-degree angle along the gum line. Start by brushing the inside of each tooth on the top and bottom using a back and forth technique, followed by the outer surface on both top and bottom, then brush the chewing surface (or top) of the teeth. **To minimize bad breath and bacteria, it is recommended that you finish your routine by brushing your tongue and thoroughly rinsing.** I use a manual brush in the morning and after meals, when possible, and then I use an electric toothbrush at night.



Brush for Two Minutes



- ✓ A dentist's general rule for ensuring proper daily cleaning is to **brush for at least two (2) full minutes, twice daily.** It takes at least this long to see clean results from a brushing session, and there is a reason for that. **Each of the four sections of the mouth requires approximately 30 seconds of efficient brushing to be properly cleaned.** When I brush, I often do squats or lunges at the same time. (-_-)



- ✓ If you are in a hurry and only brushing for a few seconds through your entire mouth, you are not brushing long enough to improve even your breath, let alone getting an efficient clean. **Committing two (2) minutes, morning and evening is a small price to pay to ensure overall good oral health and minimizing the risk of painful and unsightly cavities.**

Replace Your Toothbrush

- ✓ A toothbrush has a typical shelf life of three (3) months before it **becomes warped and unclean**. Those individuals who brush too hard or use their toothbrush more often than twice a day, may not even get this much time with their brush before it is necessary to replace. Old toothbrushes lose their ability to get into those hard-to-reach locations, and they end up with bacteria and other germs as well. If you are not replacing your toothbrushes regularly, start immediately because the general rule of thumb is **3 months to ensure the promotion of good oral health.**
- ✓ I always recommend **to keep your brush covered in the bathroom** so it doesn't get toxic residue on it when you flush the toilet or wash dirty hands. Once a week, I rinse my brushes out with a solution of water with hydrogen peroxide and replace my manual toothbrush every month and my electric toothbrush every three (3) months.



Toothpaste

- ✓ Toothpaste is something we use every single day, or for most people, twice a day is the norm. Since toothpaste is a personal care product that we use so much, **have you ever thought how the ingredients in your toothpaste can affect your body?**
- ✓ I swap out my toothpaste using **different ones morning and night for variety and to preclude apathy.** I look for more natural, organic toothpastes that might have some of these ingredients.

Tea tree oil and peppermint oil — help to freshen your breath and also work as antibacterial agents

Baking soda — it helps to remove stains, freshen breath and fight tooth decay

Activated charcoal — helps clean your teeth and gums and is incredibly effective for whitening stained teeth

Coconut oil — is a powerful antibacterial agent so the addition of coconut oil in toothpaste is a natural way to make sure your mouth is free of harmful bacteria

Xylitol — many natural toothpastes have xylitol because it is a natural ingredient derived from birch trees that are highly effective at fighting tooth decay and cavities

Neem — helps keep your gums and teeth clean

Pomegranate — is a powerful antioxidant that keeps plaque at bay

Papaya — has a special enzyme, papain, that helps to remove stubborn stains from your teeth



Mouthwash – Part 1

- ✓ It is important to note that **no mouthwash will ever replace good oral health habits**. Brushing, flossing, oral irrigation and dental cleaning will always remain the leaders in teeth and gum related diseases. Having said that, rinsing is widely recognized as an adjunctive treatment by the Dental Society of America. **It is meant to provide additional strengthening to your gums and enamel**. The right kind of mouthwash can even help **remove stains, whiten teeth and maintain a fresh sensation for a longer period of time**.
- ✓ **Look at it this way:** Of all the personal hygiene battles we face daily, **fighting bad breath** is one of the most common. After too much coffee, a garlicky meal or a day without enough water, your breath could be offending not only the object of your smooching affections, but those in close proximity to you at the gym, on the plane, subway or train and in other confined spaces.
- ✓ Most of us would turn to a stick of gum or a mouthwash to solve the problem, but did you know that **some common mouthwashes actually use ingredients that could be more harmful to your overall oral health** in the long run?



Mouthwash – Part 2



- ✓ For example, **alcohol in mouthwashes can simply make your mouth dry or irritated.** But what's worse is that many common mouthwash brands have questionable ingredients that can not only kill the healthy bacteria in your mouth, but seriously harm your health if you swallow a bit. A short, **partial list of harmful mouthwash chemicals includes chlorhexidine, cocamidopropyl betaine, parabens, poloxamer 407, formaldehyde and saccharin** – but there can be a lot more nasty chemicals hiding in what you're putting in your mouth.
- ✓ Luckily, Mother Nature provides plenty of natural products to improve both bad breath and overall oral health. **Any rinse with pure, organic peppermint, eucalyptus, cinnamon, myrrh, clove, lemon, orange, or rosemary pure natural oils will be the best for your chompers.** All of these are a combination of powerful **antivirals, antifungals, antibacterials and antioxidants** that will leave your breath fresh.
- ✓ I always look for a more **natural mouthwash that's chemical-free.** I make sure it is **free of gluten, parabens and petroleum with fresh flavor from natural extracts.** And if it's organic, all the better.

Oral Irrigation



- ✓ **An Oral Irrigator**, one of my favorite oral care device/practices, **delivers a stream of pulsating water to disrupt and flush plaque from the mouth.** It is a great tool to follow up after brushing and flossing, as it will flush out the disrupted plaque that those tools leave behind. **An oral irrigator will flush under the gums where bacterial infection is most prominent.**
- ✓ The system consists of a pump, motor, water reservoir, jet tips, hose and handle. Direct the stream of water towards the surface of the tooth and **follow along the margin of the gum line and in-between the teeth. Irrigate both sides of the teeth.** Schedule at least *two minutes* (2) to irrigate your teeth for adequate cleaning.
- ✓ And especially **if you are wearing braces, this is an excellent way to get your teeth as clean and healthy as possible.**

Famous Sayings to Do with Teeth

- ✓ **Long in the tooth** is a reference to getting older, certainly not a flattering term when used for people.
- ✓ **By the skin of my teeth** suggests ‘narrowly’ or ‘barely’, such as I made it by the skin of my teeth. There’s also a slight inference of impending disaster.
- ✓ **Bite off more than you can chew** means to take on a project or task that is beyond your capabilities or schedule.
- ✓ **Armed to the teeth** refers to carrying the maximum number of weapons possible.
- ✓ **Bite the bullet** has a straightforward history. Prior to anesthesia, the only respite surgeons could offer patients undergoing surgery was liquor, a stick or a lead bullet between the teeth. It has now come to mean facing down a hard situation or physical difficulty.
- ✓ **Kick in the teeth** when describing how someone treats you means that the person treats you badly and unfairly, especially at a time when you need their support.
- ✓ **Wisdom teeth** has an interesting history. So where did the third molars — or as we know them, wisdom teeth — get their name? It dates back to the ancient Greeks who believed that adulthood came with the third set of molars. Because adults were considered smarter than children, the arrival of wisdom teeth meant the passing into adulthood and the wisdom that came along with it.



Talk to Your Dentist & Hygienist

- ✓ **Talk to your regular oral hygienist and dentist.** They will be able to answer all of your questions thoroughly. Don't just passively sit there during your dental appointments, ask questions when you get a chance.
- ✓ There is no substitute for the expertise of these individuals. Your regular dental health professionals will also be able to advise you on questions specific to your health.
- **Life is short. Smile while you still have teeth.**
- **A smile is a curve that sets a lot of things straight.**
- **A smile is the shortest distance between two people.**



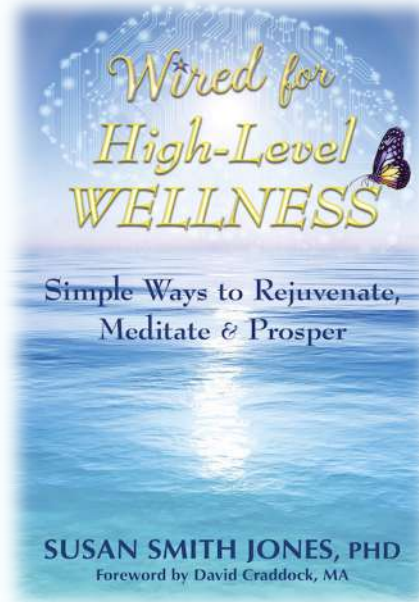
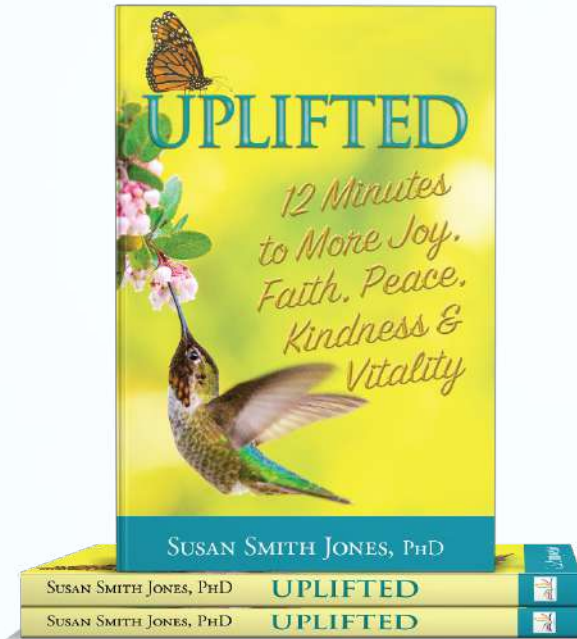
Takeaway

- When it comes to proper dental hygiene, many underestimate the importance of brushing their teeth regularly and maintaining healthy gums. The truth is, **taking good care of one's teeth can help keep the entire body running more efficiently, as well as reduce the risk of obtaining many diseases.**
- On top of that, **healthy teeth mean a more polished appearance, upping confidence and overall life satisfaction.** No more excuses. Start today and make a bona fide commitment to your Oral Care.

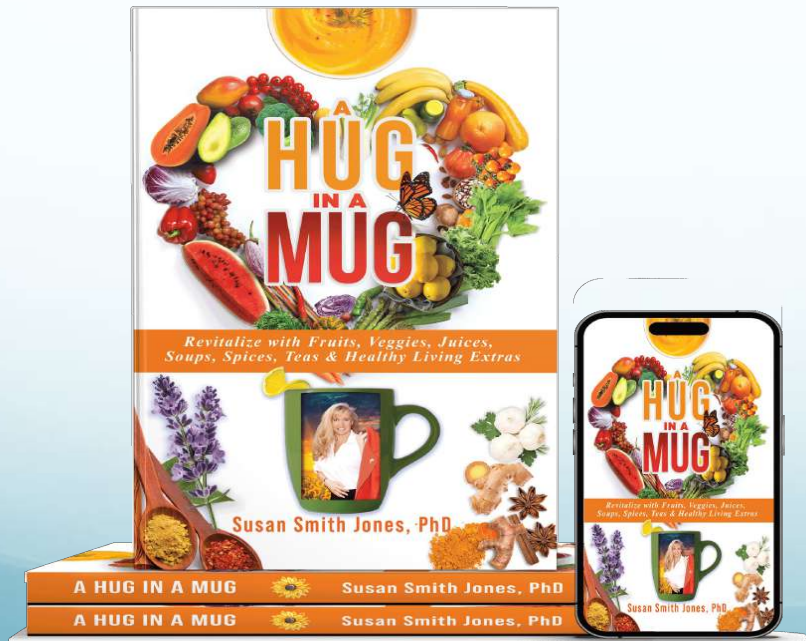
“Peace begins with a smile.” ~ Mother Teresa



For More Info & Reading Enjoyment



If you would like to learn more about the topics covered here, and also be more inspired to heal and rejuvenate your body and lifestyle, refer to the three books here. They are the perfect trilogy of holistic health and lifestyle books for you.



SusanSmithJones.com

Are You Ready for Superb Oral Care?



Have a berry white smile!

Do you have a special event coming up and you don't have time to get your teeth whitened? Strawberries can help you have a dazzling smile. Just juice some strawberries and paint the juice on your teeth. Leave it for five minutes then rinse your mouth with warm water with a pinch of baking soda added to it.

- Yes, I'm now motivated to upgrade my personal oral care program and will brush at least 2x daily, floss every night and do the oil pulling.
- Getting an oral irrigator is a priority for me now to help with my swollen gums and dislodge pieces of food like seeds that get caught in my gums.
- I am now inspired to check with my dentist about whitening my teeth. It will make my self-esteem soar and I will smile with confidence.
- Yes, I plan to get a tongue cleaner. I never knew until this webinar that my tongue needed to be cleaned daily and should be 'in the pink' each day. Up until now, it's always been a grey color.
- No, I've grown fond of my yellowing teeth and my perspective now is that they are looking more like gold than pearly whites. So if I don't have gold in my pockets, at least my teeth will look gold, and I won't need to purchase any gold-plated teeth grillz that the kids like to wear. (-_-)

Smile Brightly

- ✓ Be the reason someone smiles today!
- ✓ A genuine smile comes from the heart, but a healthy smile needs good dental care everyday!
- ✓ Teeth are always in style!
- ✓ Stop. Smile. Breathe.
- ✓ A smile is the prettiest thing you'll ever wear.
- ✓ Make a smile your signature accessory.
- ✓ Smiles are free but they are worth a lot.
- ✓ Smiling firms your facial muscles.
- ✓ Life is Short. Smile, while you still have teeth.



More Reasons to Smile



- ✓ Put on your best smile every day.
- ✓ Smile is the key that fits the lock of everybody's heart.
- ✓ Your smile is priceless.
- ✓ All people smile in the same language.
- ✓ You're never fully dressed without a smile.
- ✓ A smile takes but a moment, but the memories of it last forever.
- ✓ Smile, it lets your teeth breathe.
- ✓ Keep calm and put a smile on.

Dental Hygiene Thoughts

- ✓ Two minutes. Two times a day. Stick by these two simple rules for a healthier smile! **Two minutes. Two times a day.** That's all it takes to keep your mouth healthy and happy!
- ✓ 4 minutes a day is all it takes! **Devote 4 minutes a day to your oral health today to avoid troubled teeth in the future.**
- ✓ Remember, dentistry is NOT expensive—Neglect is!
- ✓ Keep calm and brush on. Keep calm and floss on.
- ✓ **The toothbrush doesn't remove 6 months of tartar, 30 minutes before your appointment.**
- ✓ Brush your teeth. Your teeth aren't going to brush themselves!
- ✓ **Good oral health = Good overall health.**
- ✓ Got Teeth? Thank your dental hygienist.



More Dental Hygiene Thoughts



- ✓ Dental care is a process to avoid dental implants and other casualties.
- ✓ Floss like a boss and don't rush when you brush.
- ✓ Don't choose favorites... every tooth deserves flossing.
- ✓ With great power comes great responsibility. Use your toothbrush wisely!
- ✓ Treat your password like your toothbrush. Don't let anybody else use it, and get a new one every three months.
- ✓ Dental hygienist – sweet enough to make you smile, skilled enough to protect it!
- ✓ Dentists are medical professionals who help you put your money where your mouth is.
- ✓ A good dentist never gets on your nerves and gets to the root of the problem.

Remember... Healthy Mouth ~ Healthy Body



God blessed me with a tongue to speak positively, teeth and gums to chew nature's healthy foods and lips to smile at life's countless blessings.

*~ Excerpt from **UPLIFTED***

26th Street Dental in Santa Monica, CA

✓ People often ask me what dentist I go to in West Los Angeles. Local clients and friends, as well as clients who fly to Los Angeles to consult with me, want the experience of going to a superlative dentist and having a positive and rewarding experience. I send everyone to... **26th Street Dental • (310) 394-2796.**

✓ Based in Santa Monica, conveniently located across from the world-famous Brentwood Country Mart, **26th Street Dental** specializes in family and cosmetic dentistry with an individualized approach meeting each patient's specific needs. **Andrea Henderson, DMD, FACP, Joan Pi-Anfruns, DMD, DAO, Brittany Kane, DMD** are the team of **26th Street Dental** whose mission is to provide honest, conservative, relationship-based dentistry – with a splash of fun!

✓ The **26th Street Dental** team are smile curators, **teach their patients how to upgrade their Oral Hygiene and keep their teeth and gums in tip-top shape.** People come from all over California and even the world to work with these adept dentists. During one of my previous visits to their dental office, there was someone there who **flew in from England to get his dental work done only from these dentists.**

✓ Their goal is to address the primary concerns of most dental patients: **pain-free, time-efficient, and cost effective dentistry providing an excellent and lasting result.** Visit: www.26thStreetDental.com



A Great Smile Creates the Best First Impression

Please revisit this PowerPoint presentation often to keep you inspired and motivated for sound, comprehensive Oral Care. You will be healthier and happier once you take charge of your personal dental health program. Start today!

