



A HEALTHY SMILE, SMILES BRIGHT

Poor oral health can lead to...

What is Gum Disease?

Gum disease is also known as periodontal disease. A mild form of gum disease with inflammation of the gum is called gingivitis. Gingivitis should be treated because it can progress into serious gum disease. Some signs of gingivitis include when your gums are red instead of pink, inflamed, swollen and bleed when you brush your teeth. Gingivitis is mainly caused by poor oral hygiene such as not brushing your teeth enough or properly, and not flossing. Plaque, a sticky substance made up of bacteria builds up in the teeth. The bacteria release toxins that irritate the gums.



“Research suggests that the health of your mouth mirrors the condition of your body as a whole.”

WHAT PROBLEMS COULD POOR DENTAL HEALTH CAUSE?



Diabetes and Oral Health Issues:

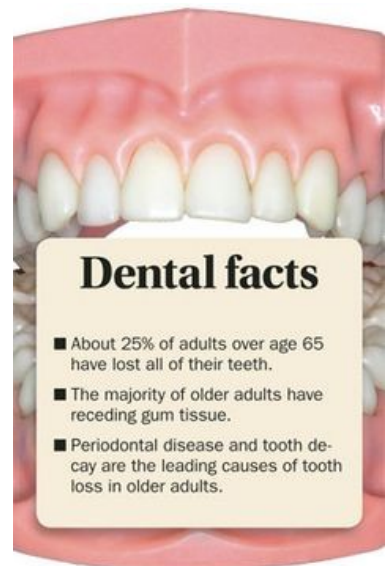
Over time, increased levels of blood glucose can put you at risk for oral health problems.

Uncontrolled diabetes can lead to:

- Dry mouth, which can lead to soreness, ulcers, infections, and tooth decay.
- Inflammation in your gums.
- Thrush

Children’s Oral Health Statistics:

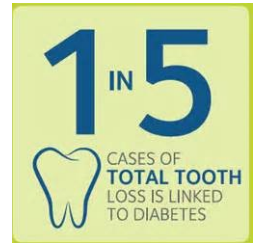
1. Tooth decay ranked #1 as the most common chronic childhood disease
2. 25% of children do not go to the dentist until they enter kindergarten
3. 17,000,000 children in America go without dental care each year
4. 80% of dental injuries occur to one of a child's front teeth
5. 51 million school hours are lost annually due to dental related illness



Dental facts

- About 25% of adults over age 65 have lost all of their teeth.
- The majority of older adults have receding gum tissue.
- Periodontal disease and tooth decay are the leading causes of tooth loss in older adults.

What to do in an Dental Emergency



Tips for Diabetics:

- Keep your blood sugar as close to normal as possible.
- If you have dry mouth, try a mouthwash without alcohol.
- Use a toothbrush with soft bristles.
- Floss at least once a day.
- Rinse daily with an antiseptic mouthwash.
- If you wear dentures, remove them and clean them daily. Do not sleep in them.
- If you smoke, talk to your doctor about ways to quit.
- Get your teeth and gums cleaned and checked by your dentist twice a year.

Emergency:	Steps to Take:
Toothache	Clean area thoroughly. Some OTC items to use if your health permits includes: NSAIDs (Advil, Ibuprofen, Naproxen, Aleve, Tylenol, Acetaminophen), Orajel toothache products. Call Dentist if toothache persists after 3 days of using these products.
Cut, Bitten tongue, lip, cheek	Apply ice to bruised areas.
Broken tooth	Rinse your mouth with warm water and apply a cold compress to reduce swelling. Contact your dentist immediately because fast action can save the tooth, prevent infection and reduce the need for extensive dental treatment. If you find the broken tooth, put it in a clean container with milk and bring it to your Dentist.
Baby tooth knocked out	Rinse your mouth with warm water and apply a cold compress to reduce swelling. Contact your dentist immediately because fast action can lessen a child's discomfort.
Permanent tooth knocked out	Find the tooth. Rinse it gently in cool water. DO NOT scrub it or use soap. Take the tooth and go immediately to the dentist office. If you cannot get to the dentist within two hours, try placing the tooth in the socket without touching the root and hold it there with clean gauze or a wash cloth. If you cannot put the tooth back in the socket, place the tooth in a clean container with cold milk. Go to the dentist office as soon as possible.
Bleeding mouth	Use gauze, go to dentist office ASAP.

Tips to Properly Take Care of your Teeth

1. Brush your teeth at least twice daily
2. Floss your teeth to remove plaque in between teeth
3. Use a tongue scraper twice a day during brushing. It removes germs and bacteria on the tongue that cause bad breath
4. Use mouthwash to keep gums healthy
5. Limit sugary foods to avoid tooth decay
6. Quit smoking and drinking to avoid yellowing of teeth
7. Use a mouthguard when playing sports
8. Avoid chewing ice, popcorn kernels and hard candy.
9. Never use your teeth to cut and ripe things, use scissors.

5 Steps to Good Flossing and Brushing
Follow these instructions on flossing and brushing to keep your smile healthy!

5 Pasos para un buen cepillado y uso del hilo dental
Siga estas instrucciones de cepillado y de uso del hilo dental para mantener una sonrisa saludable.

1 Pull out about 18" of dental floss and wrap the ends around your fingers.
Hale aproximadamente 18" (46 cm) de hilo dental y envuelva los extremos alrededor de sus dedos del corazón (medianos).

2 Gently slide the floss up and down against each side of each tooth.
Deslice suavemente el hilo dental hacia arriba y abajo contra el lado de cada diente.

3 Angle the toothbrush along the gumline and gently brush back and forth.
Coloque el cepillo en ángulo a lo largo de la encía y cepille suavemente con movimientos alternados.

4 Brush the inside and outside and the chewing surface of every tooth.
Limpie la superficie de masticación interna y externa de cada diente.

5 Don't forget to brush your tongue and the roof of your mouth.
No olvide cepillar la lengua y el paladar.

The Michigan Children's Oral Health Institute

For any questions, contact your local pharmacy, your dentist or visit the American Dental Association (ADA) website