Oral Health and Wellness Notice

Left untreated, tooth and gum problems can cause pain, limit the foods you can eat, ruin your smile and affect your overall health. Professional care is important. Regular check-ups can help find and treat problems early. However, the real key is prevention to avoid tooth and gum problems.

WHAT IS PLAQUE?
Plaque can cause tooth decay and many gum problems. It is made up of germs that live in the mouth and stick to the teeth. Sugary snacks between meals cause plaque to grow faster. To remove plaque before it causes a problem, brush at least twice a day and floss once a day. It's especially good to brush and floss before going to bed.

PLAQUE AND CHILDREN
Babies and young children should not be put to bed with a baby bottle of milk, formula, juice or a sweet drink, such as soda. If you must put your baby to bed with a bottle, fill it with plain water. When a baby's teeth come in, you should start gently cleaning them every day with a baby's toothbrush and water. It's best to clean them right before bedtime. When your child is 2 to 3 years old, and is able to spit out after brushing, you can start brushing with a pea-sized drop of fluoride toothpaste. Children need supervision with tooth brushing until age 7.

DENTAL SEALANTS FOR CHILDREN
Dental sealants are a simple, painless way to help prevent decay. Sealants are thin, plastic coatings painted on the chewing surfaces of the back teeth, especially permanent molars. Children should get sealants on their permanent molars as soon as the teeth come in — before decay attacks the teeth. The first permanent molars come in between the ages of 5 and 7. The second permanent molars come in when a child is between 11 and 14 years old. Consult your dentist about sealants during your child's first dental visit.

TOBACCO — NEED MORE REASONS TO QUIT?
Both smoking and the use of smokeless ("spit") tobacco significantly increase the risk of developing oral cancer. Smoking is also a significant risk factor for gum disease.

To learn more about prevention and avoiding dental problems, please ask your dentist. You also can find more information at the DeltaCare USA oral health and wellness web site: https://www.deltadentalins.com/oral_health. Many topics are covered in our dental health library, or you can sign up to receive our free online Wellness E-Magazine, Grin.