

# QuadMed Wellness News



## What can I do at home?

- Brush twice a day. Use a soft bristled brush; the size and shape of your brush should fit your mouth to reach all areas easily. Toothbrushes should be replaced every 3-4 months or sooner. Use ADA accepted fluoride toothpaste.
- Floss daily. It helps remove plaque from between teeth and areas the toothbrush cannot reach. Plaque that does not get removed by brushing or flossing hardens and becomes tartar which can only be removed by professional cleaning.
- Clean dentures daily (if using).
- Use mouth washes/rinses to prevent gum disease.



## Healthy mouth = healthy body

To keep your overall health in check, take these necessary steps to ensure that your dental health is up to par. Eat more whole foods and less processed foods decreasing your overall sugar intake. Quit smoking and limit alcohol. Monitor medication to potentially reverse the disease process and preserve, repair and replace teeth. Use protective sport and motor vehicle equipment to reduce the risk of facial injuries. Prevention is key.

## Facts & Stats

- Dental cavities: nearly **100%** of adults worldwide have cavities
- Periodontal disease: gum disease, may result in tooth loss, found in **15-20%** of middle aged (35-44 years) adults
- Tooth loss: globally **30%** of people (65-74 years) have no natural teeth
- Oral cancer: prevalence relatively higher in men, older people and those with low education and low income, tobacco and alcohol are **major causal factors**
- Fungal/bacterial/viral infection in **HIV**: almost half of those who are HIV-positive have oral fungal, bacterial, or viral infections



## How diabetes affects your smile

If left untreated, diabetes can take a toll on your mouth. **(8.1 million people living with diabetes don't even know they have it)**

### Oral diseases & conditions/concerns

- Teeth grinding (bruxism) - Usually occurs while you sleep and can lead to teeth and jaw damage.
- TMJ - The exact cause is unclear but can be related to alignment or teeth grinding from stress. Common symptoms include pain in/around ear, tenderness of jaw, clicking or popping noises when opening the mouth, headaches.
- Root canals - Occur when a cavity is too deep to be fixed. Root canals are used to treat problems of the tooth's soft core. If not removed, tooth may become infected and you could lose it.
- Sensitive teeth – If hot/cold foods make you wince, it may be due to: tooth decay (cavities), fractured teeth, worn fillings, gum disease, worn tooth enamel, or exposed tooth root. Treat using desensitizing toothpaste or some other treatment based on severity of sensitivity.
- Whitening - Be cautious if you have fillings, crowns and/or extremely dark stains on your teeth.

- Dry mouth due to less saliva. Saliva protects your teeth; less saliva increases risk of developing cavities.
- Gingivitis - gums become inflamed and bleed often
- May experience delayed wound healing
- More susceptible to infections inside your mouth



**Prevention is key! Keep up with yearly dental visits!**

## Whitening 101

**In-office bleaching:** light enhanced bleaching agent applied to teeth, contains a higher percentage of peroxide and can be done in less than two hours

**At-home bleaching:** peroxide containing whitener, typically a gel placed in a custom fit

mouth tray worn over a few days for gradual whitening

**Whitening toothpastes:** those with the ADA Seal of Acceptance contain special chemical or polishing agents that provide additional stain removal effectiveness

