

Good Hygiene Matters
Your Grooming and YOU

Dental Hygiene
and How It
Affects Your
Self-Confidence



NorthCare Network

Dental Hygiene

GOOD DENTAL HYGIENE is critical to having strong **personal health and hygiene**. Along with improving your appearance and self-confidence, **oral hygiene** can **prevent diseases** and keep you **healthier**. **Fresh breath** is an instant benefit of clean teeth, but you will also see **less risk of tooth decay and gum disease**.



Practicing daily **DENTAL HYGIENE** improves your **self-confidence, mental outlook**, and makes **interactions with others** easier.

Consequences of poor dental hygiene are:

- *bad breath and dental problems*
- *health risks through gum and jaw bone diseases*
- *creating bad “first impression” with others*
- *making it harder to socialize and interact with others*



Why Is Dental Hygiene So Important?

Because you eat every day, it is important to practice good **DENTAL HYGIENE**. By brushing and cleaning your teeth regularly, you will prevent bacteria from building up on the tooth surface, or in your mouth.

The bacteria which forms within 20 minutes of eating is acidic. When you don't brush your teeth, this bacteria forms into a thin layer, called **plaque**, and releases acids that break down the tooth surface, called **enamel**. If not removed, this plaque also hardens into deposits, called **tartar**, which can lead to tooth decay and gum diseases. If food remains between your teeth and gums, it can create **serious dental problems over time**.

Having healthy teeth and gums ensure that no bacteria gets released into your body through your mouth. **Regular dental checkups will ensure you get plaque removed from hard-to-reach places**.



Seeing Your Dentist Regularly Is Important

Be sure to see your dentist if you are experiencing any of the following:

- *Pain or swelling in your mouth or jaw*
- *Trouble chewing and swallowing*
- *Sore gums or any spots or sores in your mouth*
- *Experience a change in your bite or your teeth are loose*
- *Have a dry mouth or any other unusual condition*
- *Are due for a dental check-up (recommended every 6 months)*
- *Have had previous dental work (such as fillings) done*

How to Practice Good Dental Hygiene

Remember that your mouth is the main gateway to your body. Having good dental hygiene prevents bad breath (**halitosis**), gum disease (**gingivitis**), and mouth (**periodontal**) diseases.

By practicing strong dental hygiene, you will enjoy better health.

- *Brush your teeth gently at least twice a day for 2 minutes with a soft toothbrush. Make sure you brush properly so you don't harm your gums (discuss brushing with your dentist).*
- *Use a fluoride toothpaste.*
- *Floss your teeth daily.*
- *Replace your toothbrush every 2 to 4 months.*
- *Have regular checkups with your dentist.*
- *Eat healthy foods like carrots or apples that boost teeth cleaning, while avoiding sweets that increase tooth decay.*
- *Avoid tobacco use.*



By taking care of your teeth, you will enjoy a better looking smile and improve your overall health.

And remember the sooner you see your dentist to take care of any issues, the better.

It's Your Choice.

HEALTHY DENTAL HYGIENE can reduce risks for such serious diseases like heart disease and strokes, diabetes, cancer, respiratory conditions, and other life-threatening disorders.

For more information, call **Katreena Hite, Integrated Care Specialist**, at (906) 225-7344