

August 2019

## Oral Wellness Newsletter

*Hello everyone! We hope you enjoy our August Oral Wellness newsletter. The content is easy to share - just use the "forward this email" button in the top corner. Only want to share a few articles? Highlight the text you want, then copy and paste it wherever you like. It's that simple!*



### Merry Tooth Fairy Day!

It's a real holiday! In fact, National Tooth Fairy Day occurs twice a year - on February 28 and August 22.

So if your child has a tooth that's wiggling, get your wallet ready for the Tooth Fairy to land at your house.

Kids usually lose their first tooth between ages 6-7. If a tooth falls out a little sooner or later than that, it's probably not an issue. But if baby teeth are lost too early, it can have an impact on oral and overall development.

Baby teeth play an important role in helping permanent teeth emerge in the right positions. They also aid in proper facial development, chewing and speech. So, even though they're temporary, it's important to take care of baby teeth while they're still in place.

Early dental visits are an important part of maintaining your child's oral health. [The American Academy of Pediatric Dentistry](#) recommends dental check-ups to begin around a child's first birthday or soon after the first tooth comes in. So, make sure and include a dental visit before the Tooth Fairy arrives.

[Learn](#) about caring for baby teeth

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**Book a back-to-school dental**



## visit

Pens, pencils, paper, backpack. While you're checking off all those back-to-school essentials, don't forget to check if your child is due for a dental exam.

Regular cleanings and exams are important to help prevent cavities, the most common chronic disease in kids and teens ages 6-19.\* Cavities are caused by bacteria that break down food left on the teeth, creating acid that destroys tooth enamel. Brushing at least twice and flossing once a day removes bacteria and helps keep teeth cavity-free.

If you're tired of nagging your kids to brush our Chomper Chums® app makes it a fun game. Kids choose a tooth-brushing buddy from our cast of animated characters. Each time they brush, they earn points to buy treats for their furry friend.

[Download](#) our Chomper Chums toothbrush game

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## Breastfeeding is good for moms, too

Most people know that breastfeeding is the best source of nutrition for most infants. But did you know that breastfeeding has great health benefits for moms, too?

One of the most important steps in caring for your baby is caring for yourself. Breastfeeding can help by lowering a mom's risk of high blood pressure, Type 2 diabetes, ovarian cancer and breast cancer.\*\* In honor of National Breastfeeding Month this August, we're offering tips to help breastfeeding moms keep their mouths healthy, too.

[Get](#) oral health tips for breastfeeding moms



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## Play it safe

If your child is into sports, it's worth investing in protective gear to help prevent dental and facial injuries. Last year, the National Youth Sports Safety Foundation (NYSSF) forecasted that more than 3 million teeth would be knocked out in youth sporting events. They also

reported that athletes who don't wear mouth guards are 60 times more likely to damage their teeth.

The American Dental Association offers these suggestions designed to keep players of any age safer:

- **Mouth guards** - Wearing a mouth guard protect the teeth, cheeks, tongue and jaw. A proper-fitting mouth guard should cover both the teeth and gums. Your dentist can recommend the best mouth guard for each sports activity.
  - **Helmets** - Helmets absorb the energy of an impact and help prevent head injuries.
  - **Protective eyewear** - Lenses should be made of polycarbonate, which provides the highest level of impact protection.
  - **Face shields** - Face shields protect the delicate bones around the eyes, nose and jaw. A wide range of polycarbonate shields can be attached to helmets or worn by themselves.
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## Healthy picnic picks

August is prime grilling time, filled with backyard barbecues and your favorite picnic foods. But think before you bite - some of those yummy summer dishes contain ingredients that can help or hinder your oral health.

### Good for you

- **Fresh fruits and veggies** - Crunchy carrots and celery are like natural toothbrushes. So pile your plate high with picks from the veggie platter plus the salad bowl.
- **Cheese and other dairy** - Calcium and vitamin D help build strong teeth and bones. Don't be shy when loading up that cheeseburger or enjoying yogurt dip.
- **Infused water** - Add cubed watermelon and a sprig of mint to infuse flavor into a pitcher of water. It's thirst quenching, hydrating and adds colorful punch to your picnic table.

### OK in moderation

- **Barbecue sauce** - The sugar and vinegar in many barbecue sauces can damage the enamel on your teeth. If you just can't resist those ribs, make sure to brush or rinse with water after you eat.
  - **Pickled veggies** - Acidic vinegar is what gives pickles their zesty tang. It's also what can erode the protective enamel from your teeth. So try to enjoy these in moderation and rinse afterwards.
  - **Juice and soda** - Sodas and fruit juices are packed with sugar. Even diet sodas are highly acidic and can damage your enamel. Reach for water, or limit yourself to one sweet drink.
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## Rate your dental health

How does the health of your smile size up? Take your 2-minute My Dental Assessment and find out. You'll learn the impact of your lifestyle, medical conditions and dental history on the health of your mouth.

Just log into your **MyDentalBenefits** account and choose My Dental Assessment. Take the quiz, then print or save a report to discuss with your dentist.

[Take My Dental Assessment](#)

\* Centers for Disease Control and Prevention; [cdc.gov](http://cdc.gov); 2019.

\*\* Centers for Disease Control and Prevention; [cdc.gov](http://cdc.gov); 2019.

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