

July 2019

Oral Wellness Newsletter

Hello everyone! We hope you enjoy our July Oral Wellness newsletter. We've made the content 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!

Fun facts for July

Did you know that your smile can put the people around you in a better mood? Or that when drivers are smiled at, they go slower near pedestrians? This month, we're sharing some amusing (and tasty) topics that'll keep you smiling and healthy this summer.



Ease brain freeze

I scream, you scream, we all scream BRAIN FREEZE if we eat ice cream too fast! Scientifically known as sphenopalatine ganglioneuralgia, the pain in your brain is your body's attempt at telling you to slow it down.

Don't let a cold-stimulus headache keep you from enjoying your favorite frosty treats this summer. Here's the scoop on how to savor those flavors pain-free.

[3 Ways to stop brain freeze](#)

Smile, it's good for you

Sure, smiling makes you look happy, but did you know it can make others see you in a more positive way? According to a Penn State University study*, people who smile

appear more likeable, courteous and even competent.

Make sure you're visiting your dentist regularly to keep your mouth as healthy and clean as possible. Protect your smile; it just may be your most valuable asset!

[Read](#) the benefits of smiling at work



Don't skip the floss

Soon you'll be sinking your teeth into corn on the cob, BBQ ribs and kettle corn. But those yummy summer foods are famous for getting stuck between your teeth. Not only does it make for an embarrassing smile, food trapped in your teeth can lead to cavities and other dental problems.

[How to](#) floss the right way

Sweet, it's National Ice Cream Month!

In 1984, President Ronald Reagan proclaimed July as National Ice Cream Month and the third Sunday of the month as National Ice Cream Day. In his announcement, the President called upon people of the United States to observe these events with "appropriate ceremonies and activities."

Why not celebrate with a scoop of Blueberry-Swirl Buttermilk Ice Cream? It's low in fat, packed with super-fruit, plus simple to whip up yourself at home.

[Make](#) Blueberry-Swirl Buttermilk Ice Cream



[Kiss lipstick smears goodbye](#)



Nothing is as mortifying as talking through an entire meeting only to notice lipstick on your teeth afterwards. Here's some advice to get you through National Lipstick Day on July 29, so you can rock your favorite shade on your lips, not your teeth.

[Get lipstick tricks](#)

Need a dentist during vacation?

Out of town and in dental pain? Use our online **Find a Dentist** tool to locate network dentists wherever you are across the nation.

How to search by location:

1. Start typing a city, state or zip, and then choose a location from the list.
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