

UNITED CONCORDIA® DENTAL
Protecting More Than Just Your Smile®

June 2019

Oral Wellness Newsletter

Hello everyone! Here's our June 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.

Watch your mouth this summer

Don't take a vacation from good oral care. This month, we're sharing ways to keep your smile healthy all summer long. Here's a few quick tips - swim with your mouth closed, wear a mouth guard during sports and don't chew on ice. Read the whole issue to learn more!



Dealing with dental emergencies

School is out, the weather is warm and the whole family is ready to play in the sunshine. From running at the pool to roughhousing outside, sometimes summer fun can lead to injuries that affect your teeth or gums. What do you do when you face a dental emergency? Accidents happen - here's how to be prepared:

[Tips to help you avoid dental emergencies](#)

[Handling dental emergencies on vacation](#)

[Download](#) our vacation emergencies infographic

Healthy hydration

According to the American Dental Association, sipping water is one of the best things you can do for your teeth -

especially if it's fluoridated.[1] Staying hydrated also helps your system distribute nutrients, gets rid of waste, gives your skin a healthy glow and keeps your muscles moving.

This summer, watch for signs of dehydration: dry mouth, dark-colored urine, accelerated heartbeat, headache and fatigue. Stay properly hydrated by drinking lots of healthy beverages.

[Learn](#) the best (and worst) drinks for your teeth



Lemonade sip tips

Lemonade is the official drink of summer. Unfortunately, it's not so sweet for your teeth. The combination of ice, sugar and citric acid can do a number on your enamel. While plain water is your best choice for hydration and safe sipping, lemonade can still be enjoyed in moderation.

[Download](#) our lemonade tip sheet

Practice safe sun

You wouldn't sunbathe without protecting your body with sunscreen, so don't skip your lips. According to the American Academy of Dermatology, lip balm or lipstick with 30 SPF is the best defense against skin cancer on your lips.[2]

[Learn](#) ways to give your lips more love



Swap for the guac

Love salsa made with tomatoes fresh from the garden? Though full of vitamins, they're also high in acid. Whip up some homemade guacamole from one of Mother Nature's super foods instead. Avocados are low in



sugar, plus pack nearly 20 vitamins and minerals into each serving.[3]

Got kids? Get our Chomper Chums app

Keep those rambunctious rascals engaged in good oral habits this summer. Download our Chomper Chums app to make brushing and flossing a fun game.

Kids get to choose a tooth-brushing buddy from our cast of loveable characters. Each time they brush, they earn points to buy health treats for their furry friends.

With Chomper Chums, kids can:

- Set the two-minute brushing timer
- Brush alongside their buddy
- Practice the right way to brush, rinse and floss
- Learn healthy eating habits

[Watch](#) a quick video

[Download](#) the app today

[1] "4 Reasons water is the best beverage for your teeth"; Mouth Healthy; American Dental Association; 2019.

[2] "Sunscreen FAQs"; American Academy of Dermatology; 2019.

[3] "All about avocados"; WebMD; 2019.

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