

Module 4
Section 2

ORAL HYGIENE

It's about your teeth and so much more!

IN THIS SECTION YOU WILL:

Learn the basic knowledge and techniques of proper oral hygiene.

Learn about oral disease and discover the importance of oral health and its relationship to overall health.

Find out about proper nutrition and its relationship to oral and overall health.

ORAL HYGIENE

True or False?
Cavities and gum disease are
contagious.

It's TRUE! Be careful who you swat spit with! Bacteria – either cavities or gum disease - can spread.



Purposes of oral hygiene

Taking care of your teeth is important for many reasons. One reason is that it helps remove dental plaque. Dental plaque is a sticky film made of bacteria and food that can cause tooth decay and gum disease. When plaque is left on our teeth, it hardens into something called calculus. This can lead to bad breath and more problems with our gums.



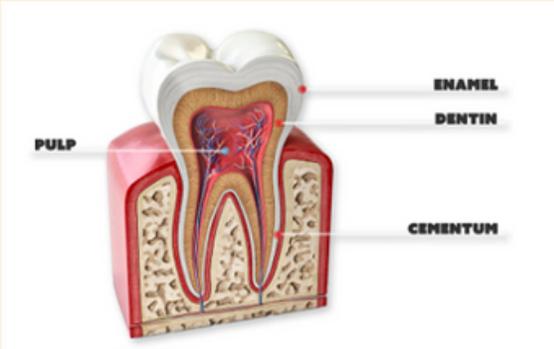
Benefits of Taking Care of Your Teeth

When we take care of our teeth, there are many benefits. It helps us speak clearly, taste and chew our food, and swallow it easily. Taking care of our teeth also makes us feel good and confident when we smile or make facial expressions. And did you know that having a healthy mouth can even help our overall health?



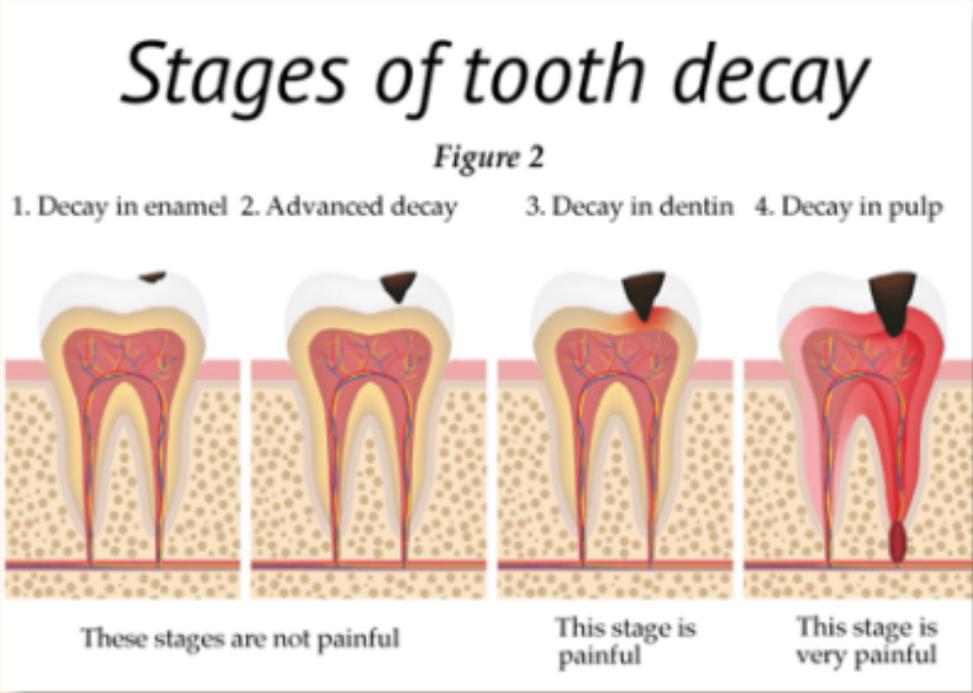
What is the hardest part of our body? Bones, fingernails, or the enamel on our teeth?

The answer is enamel.

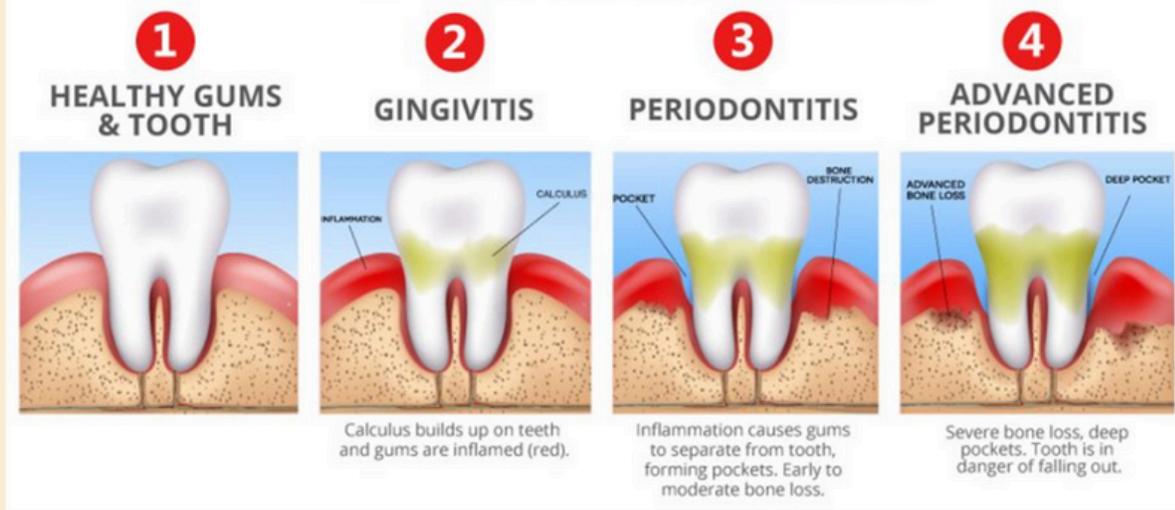


What are Cavities?

Cavities are weak or soft spots on our teeth. They happen when our teeth are attacked by acid over and over again. Tooth decay, or cavities, can cause a lot of problems if they aren't taken care of. It's one of the most common health problems. Cavities are caused by sugars and carbohydrates that turn into sugar, along with bacteria that naturally live in our mouths and become acid.



Stages Of Gum Disease



What is Gum Disease?

Gum disease happens when plaque builds up near our gums. Did you know that half of the population has gum disease? It can cause redness, irritation, and swelling in our gums. If it's not treated, it can lead to serious problems like bone loss.

Taking Care of Your Teeth

Here are some things you can do to take care of your teeth:

- Brush your teeth two times a day for two minutes each time. Make sure to brush all of your teeth, including the ones in the back and your tongue.
- Use toothpaste with fluoride. Fluoride helps strengthen the outer surface of your teeth, called enamel.

- Angle your toothbrush towards your gum line and use circular motions when brushing. Make sure to brush all surfaces of your teeth.
- Use string floss every day to clean between your teeth. Flossers or flosser sticks can be helpful too.
- Mouth rinses are good, but brushing is the best way to remove plaque. Even if you don't have toothpaste, brushing still helps loosen plaque and rinsing your mouth well is important.



Dental Health and Overall Health

Our mouth and body health are connected. Researchers have found that our oral health can affect our overall health, and vice versa. Some health conditions in our body can also cause problems in our mouth. For example, diseases like diabetes, heart disease, stroke, respiratory illness, and cancer can all have connections to our oral health.

MOUTH BODY Connection

The Surgeon General reports that at least 80% of American Adults have gum disease but the impact goes far beyond the mouth.
-AACD

 Alzheimer's & Dementia Research shows those with chronic gum disease for more than 10 years, have a 70% higher risk of developing Alzheimer's. <small>-Alzheimer's Research & Therapy</small>	Stroke People with gum disease are 3x as likely to die from stroke. <small>-Mayo Clinic</small>	
 Respiratory Disease Poor oral hygiene can increase the risk for pneumonia & respiratory infections. <small>-Journal of American Dental Association</small>	Heart Disease People with gum disease are 2x as likely to die from Heart Attack. <small>-Mayo Clinic</small>	
 Obesity Being obese significantly increases the risk of periodontal disease. <small>-International Association for Dental Research</small>	Sexual & Reproductive Gum disease has been linked to pre-eclampsia, low birth weight, fertility issues, and erectile dysfunction. <small>-Aptgumdisease.com</small>	
 Cancer Men and women with a history of gum disease are 14% more likely to develop cancer than those with healthy gums. <small>-Penc.org</small>	Diabetes Diabetes & bleeding gums increases your risk of premature death by 400-700%. <small>-American Academy for Systemic Health</small>	
 Osteoporosis Studies show a significant connection between periodontal disease and osteoporosis, especially in women. <small>-National Health Insurance Research Database</small>	Rheumatoid Arthritis Research has found an association between gum disease and rheumatoid arthritis. <small>-American Academy of Family Physicians</small>	

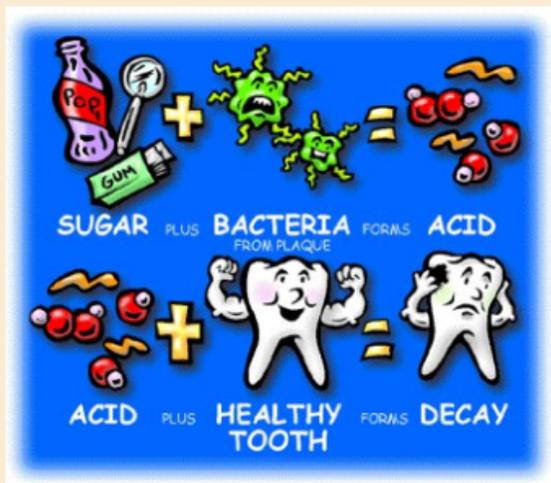
Dr. Tom Kubacki, D.D.S., Periodontist

DID YOU KNOW?

When you eat a carbohydrate/sugar, an acid attack happens on your teeth for the next 45 minutes.

Nutrition

Drinks that are acidic are not good for your teeth. That's why it's important to eat less sugar and snack less. Acidic drinks (like citrus acid and additives) are tough on teeth. Enamel is strong but can wear away. Just like wind and rain wear away the soil on Earth, acid and sugars wear away the enamel on teeth. Enamel is not a living cell (like skin), so it can't naturally grow back or regenerate.



Tips to keep your teeth healthy:

- Use moderation: It's important to not drink too many acidic drinks or eat too much sugar.
- Rinse with water: After drinking an acidic drink or eating sugar, rinse your mouth with water to get rid of the acid.
- Reach for a straw: Using a straw can help keep acidic drinks away from your teeth.
- Don't brush right after drinking: Wait for an hour after drinking an acidic drink before brushing your teeth.
- Build healthy habits: Making changes to your routine can help your teeth stay healthy. Using a reusable water bottle can help you avoid acidic drinks and save money.
- Consume dairy: Eating dairy products can protect your teeth from cavities.
- Chew sugar-free gum: Chewing gum that doesn't have sugar can make your mouth produce more saliva, which is good for your teeth.
- Practice good dental hygiene: Brush your teeth for two minutes, twice a day. Use floss or a water flosser to clean between your teeth once a day.
- Talk to your dentist: If you're not sure what to do, ask your dentist for advice. They can help you make good choices for your teeth.

DISCUSSION QUESTIONS

1

How do you take care of your teeth?

2

Why is it important to brush your teeth every day?

3

What are some ways you can keep your teeth healthy?

4

What are the consequences of not taking care of your teeth?

5

How does oral health affect overall health?

6

Why is it important to visit the dentist regularly?

RESOURCES

<https://www.nidcr.nih.gov/health-info/oral-hygiene>

<https://www.greatoralhealth.com/blogs/news/what-are-the-three-layers-of-a-tooth>

<https://www.drjenkinsdentist.com/blog/what-is-a-cavity>

<https://www.mayoclinic.org/diseases-conditions/cavities/symptoms-causes/syc-20352892>

https://www.facebook.com/HowardFarran/photos/picture-shows-process-that-teeth-undergo-in-developing-cavities-and-tooth-decay-/866240390085015/?paipv=0&eav=AfageXK3jFk6DHarNJSmgt5_JGnFVJf-45l5bdZAdpJcv3ZYuys5sKzjegGQ7JE_koo&_rdr

<https://dentalworld.co.uk/gum-disease-causes-and-treatment/> <https://vsearch.nlm.nih.gov/vivisimo/cgi-bin/query-meta?v%3Aproject=medlineplus&v%3Asources=medlineplus-bundle&query=gum+disease>

<https://www.nidcr.nih.gov/health-info/oral-hygiene>

<https://fostoriadentist.com/oral-systemic-link/>

<https://www.colgate.com/en-us/oral-health/threats-to-dental-health/how-acidic-drinks-affect-teeth#>