



## WELLNESS TIPS

# ORAL HEALTH



### TIPS FOR NATIONAL ORAL HEALTH MONTH

*April is National Oral Health Month!*

*Maintaining good oral hygiene is important for our overall health, as the mouth is the first place where digestion starts and where our immune system kicks into action. Below are a few tips to stay on top of your oral health so you keep on smiling from the inside and out.*

#### **Maintain good oral hygiene**

It is recommended that everyone brush their teeth at least twice a day, once when you wake up and once before going to bed. It is also recommended to floss at least once a day, whether using dental floss or soft picks. Check with your dental hygienist if your circumstances require a specific dental routine outside of this suggestion.

#### **Regular dentist appointments**

Make sure you are regularly visiting your dentist, even if you have no oral concerns. A check up never hurts and lets you know you're going in the right direction, or if there are any underlying problems you never realized. It is encouraged to see your dental hygienist at least once a year, although some people may go every 6 months. Check your dental benefits to see how many months apart you're covered for dental appointments.

#### **Review your dental benefits**

Ask your employer to explain your dental benefits if necessary. Get familiar with them and book your appointments accordingly to maximize this benefit. If you do not have any dental benefits through your employer, consider looking into plans through insurance providers. These are often customizable and you can place them on a freeze to use as a safety net should you be in between jobs.

#### **Know how your medical conditions & habits are relevant**

Your medical conditions and daily habits can have an impact. For instance, smoking can cause teeth discoloration and tooth decay. For those with diabetes, it's important to maintain blood sugar levels to reduce gum disease and infection. Everything from medications to an inhaler or cancer treatments can increase your risk for tooth decay. Be honest with your dentist so they can ensure you get the best dental care.