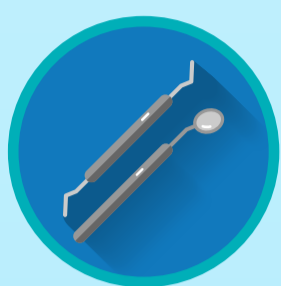




8 Things You May Not Know About Your Oral Health



1. The Link Between Oral Health and Overall Health

Many people are unaware of the link between oral health and overall health. Poor oral health has been linked to a variety of serious health problems, including heart disease, stroke, and diabetes. Additionally, poor oral health can also lead to problems such as tooth decay and gum disease. (Mayo Clinic, 2021)



2. The Importance of Brushing and Flossing

Most people know that they should brush their teeth twice a day and floss daily, but many do not realize just how important these activities are for oral health. Brushing and flossing help to remove plaque, a sticky film of bacteria that can cause tooth decay and gum disease. Additionally, brushing and flossing also help to freshen breath and keep teeth looking their best. (WHO, 2023)



3. The Dangers of Smoking

Smoking is one of the worst things that you can do for your oral health. Smoking increases your risk for developing gum disease, tooth decay, and mouth cancer. Additionally, smoking can also cause bad breath and stained teeth. If you smoke, it is important to quit as soon as possible to protect your oral health. (CDC, 2022)



4. The Benefits of Dental Sealants

Dental sealants are thin plastic coatings that are applied to the chewing surfaces of the back teeth. Sealants help to protect teeth from cavities by sealing out food and plaque. Sealants are most effective in children and adults who have deep grooves in their back teeth. (CDC, 2016)



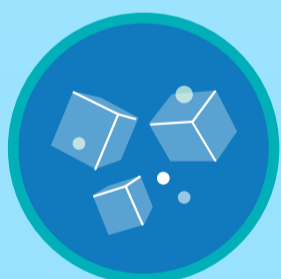
5. The Risks of Mouth Piercings

Mouth piercings may be popular, but they can actually be quite dangerous for your oral health. Mouth piercings can damage gum tissue by causing swelling, bleeding, and infection, and result in chipped or damaged teeth, gingival recession, and lacerations/scarring. If you do decide to get a mouth piercing, be sure to choose a reputable piercer who uses sterile needles and jewelry made from safe materials. (ADA, 2022)



6. The Importance of Saliva

Saliva is often overlooked when it comes to oral health, but it actually plays a very important role in keeping your mouth healthy. Saliva helps to neutralize acids in the mouth that can cause tooth decay, it helps to wash away food particles that can lead to gum disease, and it helps to keep the mouth moist which prevents bad breath. (Iorgulescu, 2009)



7. The Dangers of Chewing Ice

Chewing ice may seem like a harmless habit, but it can actually be very damaging to your teeth. Chewing ice can crack or chip teeth, damage tooth enamel, and irritate gums. If you enjoy chewing ice cubes, be sure to use a straw so that you don't put your teeth at risk. (Cleveland Clinic, 2023)



8. The Benefits of Fluoride

Fluoride is a mineral that is found in many foods and water sources. Fluoride helps to prevent tooth decay by strengthening tooth enamel and making it more resistant to acid attacks that can cause cavities. You can get fluoride by drinking fluoridated water or using fluoride-containing dental products such as toothpaste or mouthwash. (Cleveland Clinic, 2023)



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Benevis is a leading dental support services provider for practices focused on delivering life-changing dental care and orthodontics across the U.S. Through comprehensive practice support services that expand access to dentistry, Benevis has a 20-year history of providing the highest quality care to approximately 5 million children and adults in underserved communities. Its support services are employed in more than 100 locally branded dental offices that have delivered treatment during 1.2 million visits each year. Benevis also advocates for programs and legislation that ensure all families have access to the oral healthcare they need and deserve.