

HealthyBy Choice

...One Day at a Time

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National Dental Hygiene Month

Brushing your teeth is an important part of your dental care routine. For a healthy mouth and smile the ADA recommends you:

- Brush your teeth twice a day with a soft-bristled brush. The size and shape of your brush should fit your mouth allowing you to reach all areas easily.
- Replace your toothbrush every three or four months, or sooner if the bristles are frayed. A worn toothbrush won't do a good job of cleaning your teeth.
- Make sure to use an ADA-accepted fluoride toothpaste.

The proper brushing technique is to:

- Place your toothbrush at a 45-degree angle to the gums.
- Gently move the brush back and forth in short (tooth-wide) strokes.
- Brush the outer surfaces, the inner surfaces, and the chewing surfaces of the teeth.
- To clean the inside surfaces of the front teeth, tilt the brush vertically and make several up-and-down strokes.

Of course, brushing your teeth is only a part of a complete dental care routine. You should also make sure to:

- Clean between teeth daily once a day. Tooth decay-causing bacteria still linger between teeth where toothbrush bristles can't reach. This helps remove plaque and food particles from between the teeth and under the gum line.
- Eat a balanced diet that limits sugary beverages and snacks.
- See your dentist regularly for prevention and treatment of oral disease.



12 Signs you need to see a Dentist

Pain or swelling in your mouth, face or neck.

If your gums are puffy, they bleed when you brush or floss, or a family history of gum disease.

A missing tooth or hoping for a brighter smile, don't be shy about talking to your dentist.

If you have fillings, crowns, dental implants or dentures.

Medical Issues - Make your dentist part of your team if you have a medical condition (such as diabetes, cardiovascular disease, eating disorders or are HIV positive), or you are undergoing medical treatment (such as radiation, chemotherapy or hormone replacement therapy).

Pregnancy – It's safe to go to the dentist. In fact, pregnancy can make some dental problems worse.

Difficulty chewing or swallowing is not the norm. Try eating soft or liquified foods and see your dentist.

Always feeling parched could be the sign of a medical issue or a medication side effect.

Tobacco Use - From bad breath to oral cancer, cigarettes and chewing tobacco are harmful to your overall and your dental health.

Your jaw sometimes pops or is painful when opening and closing, chewing or when first waking.

Any mouth sore that lasts a week or longer.

It's time for a CHECK-UP! Even if you don't have any symptoms, checkups are important because they can help prevent problems.



Healthy Teeth...Healthy Smile...Healthy Life!











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National Breast Cancer Awareness Month

Lifestyle changes have been shown in studies to decrease breast cancer risk even in high-risk women. The following are steps you can take to lower your risk:

-  **Limit alcohol.** The more alcohol you drink, the greater your risk of developing breast cancer. The general recommendation — based on research on the effect of alcohol on breast cancer risk — is to limit yourself to less than 1 drink per day as even small amounts increase risk.
-  **Don't smoke.** Accumulating evidence suggests a link between smoking and breast cancer risk, particularly in premenopausal women. In addition, not smoking is one of the best things you can do for your overall health.
-  **Control your weight.** Being overweight or obese increases the risk of breast cancer. This is especially true if obesity occurs later in life, particularly after menopause.
-  **Be physically active.** Physical activity can help you maintain a healthy weight, which, in turn, helps prevent breast cancer. For most healthy adults, the Department of Health and Human Services recommends at least 150 minutes a week of moderate aerobic activity or 75 minutes of vigorous aerobic activity weekly, plus strength training at least twice a week.
-  **Breast-feed.** Breast-feeding might play a role in breast cancer prevention. The longer you breast-feed, the greater the protective effect.
-  **Limit dose and duration of hormone therapy.** Combination hormone therapy for more than three to five years increases the risk of breast cancer. If you're taking hormone therapy for menopausal symptoms, ask your doctor about other options. You might be able to manage your symptoms with non-hormonal therapies and medications. If you decide that the benefits of short-term hormone therapy outweigh the risks, use the lowest dose that works for you and continue to have your doctor monitor the length of time you are taking hormones.
-  **Avoid exposure to radiation and environmental pollution.** Medical-imaging methods, such as computerized tomography, use high doses of radiation. While more studies are needed, some research suggests a link between breast cancer and radiation exposure. Reduce your exposure by having such tests only when absolutely necessary.
-  **Be vigilant about breast cancer detection.** If you notice any changes in your breasts, such as a new lump or skin changes, consult your doctor. Also, ask your doctor when to begin mammograms and other screenings based on personal history.

From the Mayo Clinic



Live Well...Live Aware!

