Dental/Nutritional Research

<http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20045536>

Brush Twice a day

Fluoride toothpaste

Soft-bristled toothbrush

Electric/battery operated toothbrush, can reduce plaque and mild gingivitis more than manual brushing.

Hold toothbrush at a slight angle - aim bristles toward the area where your tooth meets your gum. Short back and forth motions? Outside, inside and shewing surfaces of your teeth, as well as your tongue.

KEEP EQUIPMENT CLEAN. Rinse toothbrush with water after brushing let it airdry keep in upright position, don’t put it with other toothbrushes cross contamination.

Don’t cover or store them in closed containers.

NEW TOOTHBRUSH Every three to four months or sooner if the bristles get damaged.

Flossing for oral health

Floss lets you get to places you can’t reach.

18 inches of floss

Wrap around middle finger and hold tight with index and the thumb

When floss reaches gumline, curve it against one tooth, slide it in the space between gum and tooth.

Side of tooth in up and down motion

Keep it up.

Interdental cleaner- dental pick, pre-threded flosser, tiny brushes that reach between teeth, water flosser, wooden/silicone plaque remover.

<http://www.colgate.com/en/us/oc/oral-health/cosmetic-dentistry/teeth-whitening/article/four-teeth-whitening-tips-for-a-whiter-smile-0714>

Fruit and veggies /celery/apples/ carrots are naturally abrasive and can help remove some of the substances that discolor your teeth.

Weak enamel, strongest part of the whole body, dead cells , can’t restore it. More stains.

Calcium dairy products

Using a straw

<http://drgershberg.com/top-10-causes-tooth-decay/>

Remember, sugary drinks such as juice are just as damaging to your teeth as soda.

**Improper Nutrition:** Avoiding foods that are high in sugar, high in carbohydrates and high in acid is the best way to avoid tooth decay due to improper nutrition. Eating a healthy diet, which includes healthy foods and the avoidance of sugary acidic drinks is the way to go.

Acidic Foods and Drinks - bread, fish, soda, fruit juice it’s own acid does damage.

Sugar - bacteria feeds off of it

Tooth Grinding- sleep, stress - USE NIGHT GUARD/BITE GUARD

TEETH

HELP YOU SPEEK

HELP YOU EAT

Help you look good

<http://kidshealth.org/en/kids/teeth-care.html>

<http://kidshealth.org/en/kids/bad-breath.html?WT.ac=k-ra#>

Gingivitis - gums red, swollen, and sore.

Eating meals will be difficult.

* Ground-up chalk or charcoal
* Lemon juice
* Ashes
* Tobacco and honey

Pea sized toothpaste

Spit after brushing

2-3 minutes

Some toothbrushes come with bristeles that change color

**Halitosis- bad breath**

**Breaking your teeth, bad get it check, crevices alllowed more bacteria in.**

[**http://www.washingtonpost.com/wp-dyn/content/article/2009/04/12/AR2009041202655.html**](http://www.washingtonpost.com/wp-dyn/content/article/2009/04/12/AR2009041202655.html)

**Rough cloth and water**

**Rub things like salt and chalk across teeth to get rid of the grime.**

**Egypt- split end of a twig**

**Chinese- chewed on tigs with a special flavor to freshen their breath**

**Ancient greeks and romans used crushed oyster shells and bones.**

**1400s first toothbrush by using bristes from pigs’ necks. Attached to a handle made of boen or bamboo.**

**1770 England. William Addis prison. Bone, tiny holes glued pig bristles.**

**First patent H.N Wadsworth 1857,**

**1930s invention of nylon - toothbrushes like today.**

**WW2 Brushing regularly**

* **1882 was the year commercial floss was first manufactured.**
* **Ancient Greeks used pumice, talc, alabaster, coral powder or iron rust as toothpaste.**

Dental caries are caused by plaque- a thin film of bacteria.

The plaque bacteria digest any sugar and produce acids

