

HEALTHFUL TIPS



A Healthy SMILE

Top Tips to Keep Those Pearly Whites in Shape!

Your smile is one of the first things that people notice about you. Your overall health, the foods and beverages you choose, and even your weight influence your dental health. And your dental health doesn't only impact your smile; swelling in gums can lead to swelling in your arteries, contributing to heart disease. Learn how to take great care of those pearly whites and project that beautiful smile to the world.

Maintain or reach a healthy weight. Obesity is associated with inflammation and diabetes, both of which negatively impact tooth and gum health.

Drink plenty of water. Water is a great beverage of choice because it helps to rinse teeth and gums. It also has a neutral or 7.0 pH level which does not promote tooth decay.

Choose healthy foods and limit snacks and drinks high in sugar. Sugars, even the natural sugars in 100% fruit juice, promote tooth decay when combined with the germs and bacteria that live in the mouth.

Brush your teeth at least twice a day. If you eat six small meals throughout the day, take your brush with you for an extra quick cleaning or two.

Floss daily and visit your dentist regularly. Your dentist can identify little problems before they become big issues with your health.

Take care of your bone health. Bone loss (which often accompanies weight loss) impacts your jaws and their ability to hang onto teeth.

Although sugary soft drinks contribute greatly to tooth decay, they don't have a monopoly on tooth decay. Many sugar-free beverages are acidic and launch their own dental attacks. Tooth decay begins with pH levels of 5.5 or less. The more that your teeth are exposed to this acid, the greater the damage. Each sip of an acidic beverage starts a 20 minute acid attack on your teeth's enamel. Take a look at the chart and see if your favorite drink is listed and consider choosing water more often.

BEVERAGE	ACID (lower than 5.5 contributes to decay)
Water	7.0 (Neutral)
Milk	6.4
Coffee	5.51
Diet Barq's Root Beer	4.55
Diet 7-Up	3.67
Iced Tea	3.5
Diet Dr. Pepper	3.41
Apple Juice	3.4
Diet Mountain Dew	3.34
Pineapple Juice	3.3
Propel	3.2
Snapple Diet Tea	3.2
Grapefruit Juice	3.0
Welch's White Grape Juice	2.8
SoBe Sugar Free Tropical	2.5
Battery Acid (for comparison only)	1.0