



your dental health

Did you know that poor dental health can affect your overall wellness? That's why it's so important to take care of your teeth and gums.

- Foods that are harmful to teeth include sweets that stick to teeth or dissolve slowly. Stay away from lollipops, hard candy, toffee, gum drops, taffy, caramel corn, brittle, dried fruit, chocolate-covered raisins and high energy sports bars.
- Foods that are less harmful to teeth include chocolate pieces, peppermint patties, marshmallows, gummi candy, licorice, diabetic or dietetic candy and sugarless gum. Other less sticky treats include sunflower seeds and fresh fruit.
- To prevent tooth decay:
 - brush teeth at least twice a day
 - clean between teeth daily with floss
 - eat nutritious, balanced meals and limit sugary snacks
 - drink at least one pint of fluoridated water each day
 - visit your dentist regularly for cleanings and exams
 - ask your dentist about supplemental fluoride and dental sealants

Healthy Smiles For All Ages

- Braces are not only for kids. About 20 percent of orthodontic patients are over age 18. Even people in their 60s have had successful orthodontic treatment.
- It has been clinically proven that a beautiful smile leads to higher self-esteem. Confidence generates success, and people with beautiful smiles have a lot to be happy about.
- People with diabetes and inadequate blood sugar control tend to develop periodontal disease more often and more severely, which unfortunately results in losing more teeth.

For a wealth of wellness information, check out our blog at ameritasinsight.com. You're also invited to check us out on Facebook, Pinterest, YouTube and Twitter.



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