

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

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Oral Health: Keeping Your Teeth Happy & Healthy

Thanks largely to water and toothpaste fluoridation, the baby boomer generation will be the first to keep majority of their natural teeth throughout their lifetimes. Despite this milestone, there is still much room for improvement. Nearly half (46%) of adults 30 and older show signs of gum disease. 1 in 4 adults (26%) live with untreated tooth decay.¹ With proper attention and care, dental health problems can be easily avoided:

Everyone knows brushing and flossing is essential for a healthy smile, but did you know **eating the right foods can be just as important?** Some of these foods are:



Calcium-rich foods: Foods such as milk, cheese, and yogurt are high in calcium, a mineral that helps make up your teeth and bones



Phosphorous: Foods like eggs, fish, nuts, and beans contain phosphorous which helps keep your teeth stronger



Vitamin C: Foods like citrus, broccoli, and spinach are high in Vitamin C which is critical for healthy gums

Quick Tips:

- 1: Brush teeth for 2 minutes, 2 times a day
 - Best time to brush is after meals
- 2: Use toothpaste made with fluoride
 - Fluoride strengthens and protects your teeth from decay
- 3: Floss daily
 - Floss with a gentle sawing motion to remove food stuck in your teeth
- 4: Limit sugary foods and candy
 - Bacteria feeds off sugar and turns it into acid that damages teeth
- 5: Drink less soda and juices
 - Acidic drinks dissolve minerals in your teeth leading to more cavities
- 6: Visit your dentist
 - Yearly visits catch disease/decay before it becomes a major issue
- 7: Avoid tobacco products
 - Smoking greatly increases risk of gum disease and tooth loss



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1- Division of Oral Health, National Center for Chronic Disease Prevention and Health Promotion (17 Jan 2020). Facts About Adult Oral Health. Retrieved from: <https://www.cdc.gov/oralhealth/basics/adult-oral-health/index.html>