
Moving Forward with A Smile

— How important it is to take care —
of our teeth

Teeth!

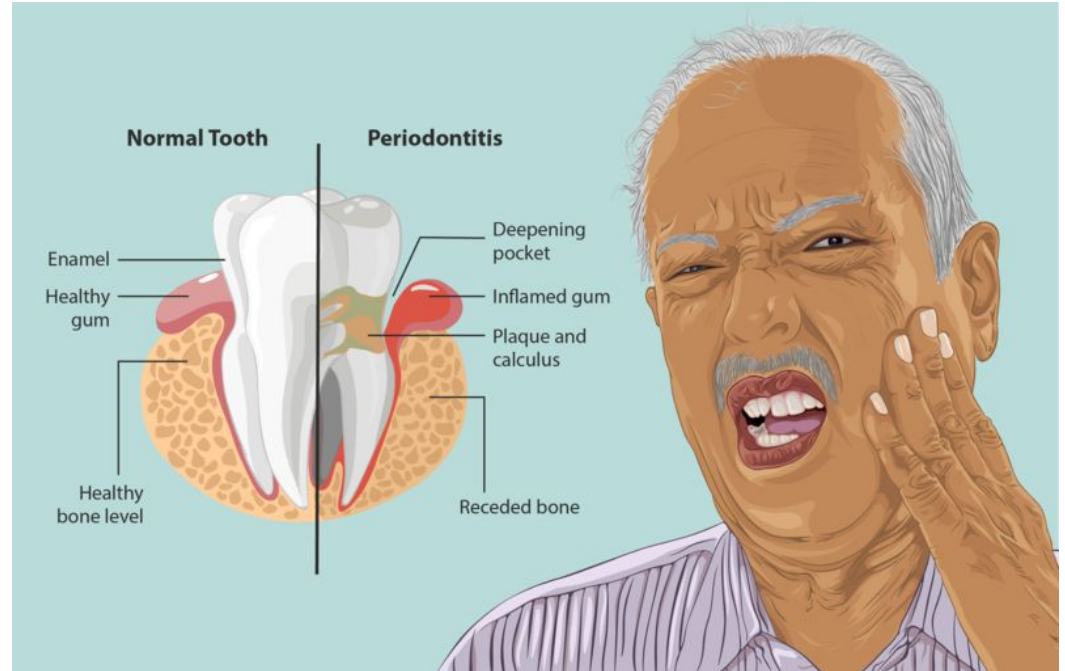
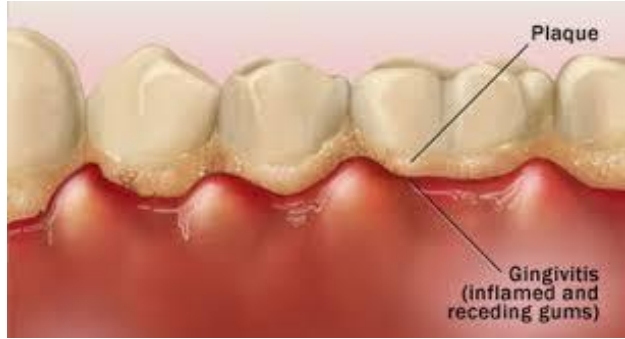
- We need them to eat with
- They are important for maintaining our facial structure
- Our mouths give us a first look at our overall health
- Like any other organ, teeth are an essential part of our bodies ¹
- It is a common conception that it is normal to lose our teeth as we get old...this is not true!



Why is it important to clean our teeth?



Gum Disease, Decay/Cavities, and Tooth Loss



Bruxism...What is it?

How can we protect our teeth?

- Grinding or clenching of the teeth
- Usually occurs unconsciously; for example, when we are asleep
- Signs include tooth sensitivity, muscular facial pain, headaches, worn down or loose teeth, stiffness in the jaw joint (TMJ), and earache ²
- Bite guards can protect our teeth from the forces of bruxism



What foods are good for our teeth?

Dairy products - cheese, milk, yogurt

Meat - chicken

Vegetables - broccoli, spinach, carrot, celery

Crunchy fruit - apple, pear

Nuts - almonds

Drink - water (especially fluoridated water),
unsweetened tea



Foods that cause tooth decay

Sugary candies

Citrus fruit and Juice - orange, lemon

Dried fruit

Starch - bread, potato chips

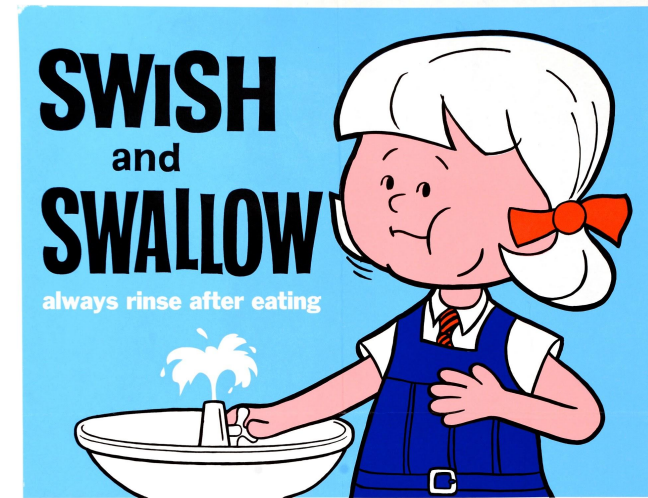
Carbonated drink - soda

Alcohol



When should we clean our teeth?

- At least twice a day, morning and night
- When you cannot brush, rinsing is helpful
- The American Dental Association recommends brushing for two minutes
- It is important to maintain regular visits to the dentist, about every three months ³



4 RULES FOR GOOD TEETH



1 EAT NOURISHING MEALS, AVOID SWEET, STICKY SNACKS in between. Milk products, eggs, meat, fish, whole-meal cereals, vegetables and fruit are good.



2 CLEAN TEETH IMMEDIATELY AFTER EATING. When brushing is not possible, rinse meal with an apple or "swish and swallow" with water.

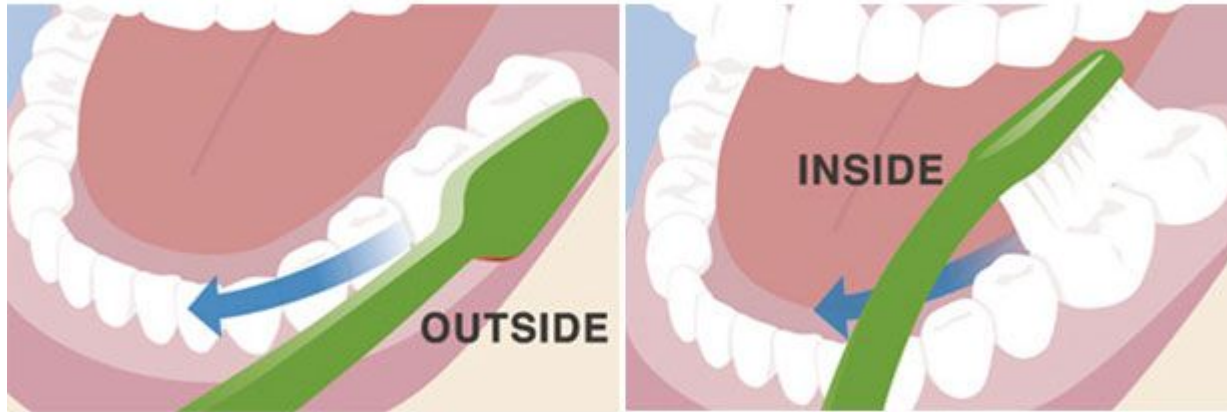


3 FLUORIDE BUILDS STRONG, SOUND TEETH, reduces decay by 65%. Where household water is deficient, children should take fluoride in tablet form.



4 VISIT YOUR DENTIST REGULARLY to keep your teeth and gums healthy. Six-monthly inspection will reduce dental disease and lower cost.

How should we brush our teeth?



<https://www.youtube.com/watch?v=6g1aa15tLhw>

How Do I brush My Teeth?

1. Find your towel, toothbrush, and toothpaste.



2. Turn on the faucet.



3. Unscrew the top of your toothpaste tube.



4. Wet your brush.



5. Squeeze a small amount of toothpaste onto your brush.



6. Brush the front of your top teeth.
7. Brush the back of your top teeth.
8. Brush the front of your bottom teeth.
9. Brush the back of your bottom teeth.
10. Spit toothpaste into the sink.
11. Rinse your mouth with water.



12. Wipe your mouth with your towel.



13. Put the top back on the toothpaste.



14. Clean up sink area with towel.



15. Put away your toothbrush, toothpaste, and towel.



Let's do it together!

References

1. Levin, Liran. "'It's only teeth'... or is it?." *Oral health & preventive dentistry* 17.4 (2019): 297-297.
2. Kanathila, Hema, et al. "Diagnosis and treatment of bruxism: Concepts from past to present." *Int. J. Appl. Dent. Sci* 4.1 (2018): 290-5.
3. Diéguez-Pérez, Montserrat, et al. "Oral health in children with physical (Cerebral Palsy) and intellectual (Down Syndrome) disabilities: Systematic review I." *Journal of clinical and experimental dentistry* 8.3 (2016): e337.
4. *Practical Oral Care for People With Down Syndrome*. (2009, July). Retrieved from National Institute of Dental and Craniofacial Research: <https://www.nidcr.nih.gov/sites/default/files/2017-09/practical-oral-care-down-syndrome.pdf>