

# How to Maintain Optimum Oral Health:

**For the retail worker**



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# Why do we get cavities?



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# Bacteria

## What is plaque?

Plaque is a sticky, colorless film of bacteria that constantly forms on our teeth and along the gum line. Plaque contains bacteria that cause cavities and gum disease.



# Cavities

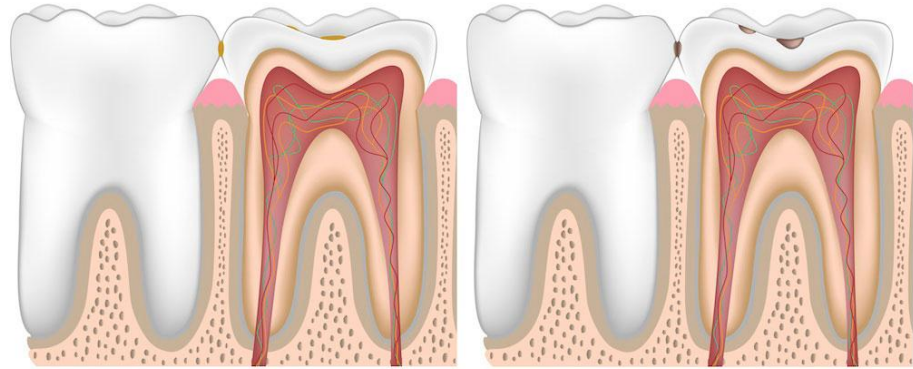
## How do cavities form?

Bacteria love the food we eat just as much as we do.

When bacteria metabolize sucrose they then produce acid.

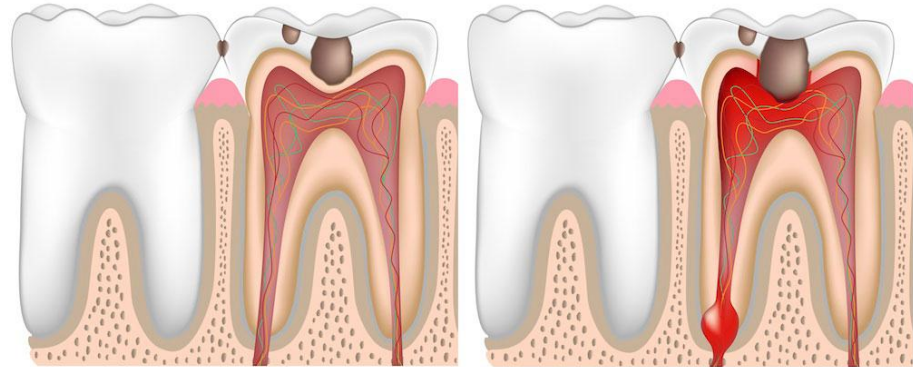
Eventually the bacteria sitting on your teeth will begin to decay your enamel, and then dentin, and if you don't treat it eventually the pulp.

## The stages of tooth decay



1. Healthy tooth with plaque

2. Decay in enamel



3. Decay in dentin

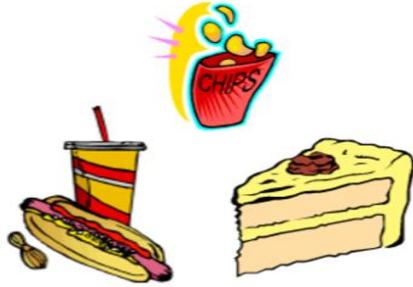
4. Decay in pulp

# DENTAL DECAY PROCESS



**Bacteria /  
Germs**

+



**Food, Drink,  
Sugars, Sweets**

=



**ACID  
Produced**

**Healthy  
Tooth**



+



**ACID**

=



**Cavity**

# Cavities

## How can I avoid this?

- 1) Don't sip, drink quick.
- 2) Replace these sugary options with water, and other less acidic drinks.

SIP ALL DAY,  
GET DECAY.

SUGAR & ACID =  
DOUBLE TROUBLE

Nutrition Facts	
Amount Per Serving	
Calories 0	
Total Fat 0	
Sodium 50mg	
Total Carb 0g	
Protein 0	
<small>UNFLAVORED WATER, CARAMEL COLOR, ASPARTAME, PHOSPHORIC ACID, POTASSIUM METACATECHINATE (E161B), NATURAL FLAVORS, CITRIC ACID</small>	

Nutrition Facts	
Amount Per Serving	
Calories 140	
Total Fat 0	
Sodium 50mg	
Total Carb 39g	
<b>SUGAR 35g</b>	
Protein 0	
<small>UNFLAVORED WATER, CARAMEL COLOR, CITRIC ACID, POTASSIUM METACATECHINATE (E161B), NATURAL FLAVORS, CITRIC ACID, SODIUM PHOSPHATE, SODIUM CITRATE</small>	

	Acid* Low = Bad	Sugar** Per 12 oz. serving
Pure Water	7.0 (neutral)	0 tsp
Barq's® Root Beer	4.0	11 tsp
Minute Maid® Orange Juice	3.8	9 tsp
Propel® Fitness Water	3.4	1 tsp
Red Bull®	3.3	10 tsp
Sprite®	3.3	10 tsp
Mountain Dew®	3.3	12 tsp
Diet Coke®	3.1	0 tsp
Sierra Mist	3.1	10 tsp
Full Throttle Energy Drink	3.0	11 tsp
Diet Pepsi®	3.0	0 tsp
Gatorade®	2.9	5 tsp
Sunkist® Orange Soda	2.9	13 tsp
Dr. Pepper®	2.9	10 tsp
Vault Energy Soda	2.9	12 tsp
Amp— Mountain Dew®	2.8	11 tsp
SoBe® Energy Citrus	2.6	12 tsp
Minute Maid® Lemonade	2.6	10 tsp
Pepsi®	2.5	11 tsp
Diet Schweppes® Tonic Water	2.5	0 tsp
Coca-Cola® Classic	2.4	10 tsp
Battery Acid	1.0	0 tsp

\* Laboratory tests, Dr. John Ruby, University of Alabama, Birmingham School of Dentistry, 2002.

\*\* 4.0 grams = 1 teaspoon sugar



# Gingivitis

- **Signs:** puffy, red, or bleeding gums.
- **21 days:** Can get in as little as 21 days without brushing or flossing.
- **Reversible:** With proper oral care.



# Gingivitis





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## At Home Care:

**How should I be caring for my teeth to prevent these conditions?**

- 1) **Brushing:** Once in the morning and once before bed for 2 minutes each.
- 2) **Flossing:** Before bed.

As Retail workers, you have busy days and long hours with schedules that are constantly changing, but no matter what your schedule is you always wake up in the morning, and go to bed at night. Add those 2 minutes in the morning and 2 minutes before bed to take care of your oral health.



**Make oral care permanently part of your daily routine!**

# Brushing:

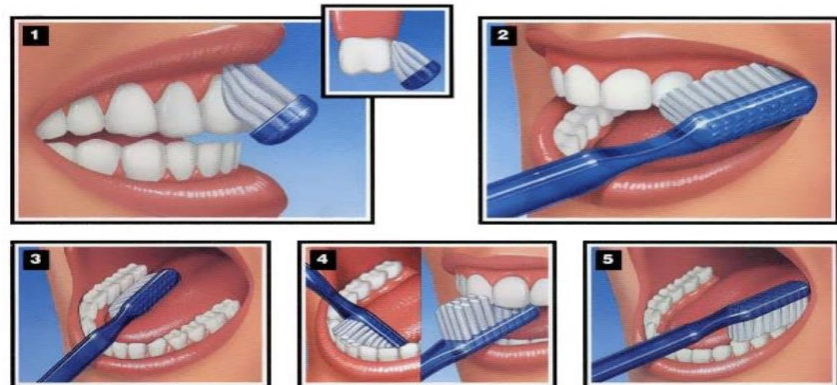
- Brushing : 2 Minutes.
- Use **soft** bristles or an electric toothbrush.
- Replace your toothbrush every 3 months, or if you are sick.
- Use a pea size amount of fluoride toothpaste (Unless something else is recommended by your Dr/ hygienist)

## Positioning the Toothbrush

How you hold the toothbrush depends on which part of the tooth you're brushing.

- **Step 1:** Start with outer and inner surfaces, and brush at a 45-degree angle in short, half-tooth-wide strokes against the gum line. Make sure you reach your back teeth.
- **Step 2:** Move on to chewing surfaces. Hold the brush flat and brush back and forth along these surfaces.
- **Step 3:** Once you get to the inside surfaces of your front teeth, tilt the brush vertically and use gentle up-and-down strokes with the tip of brush.
- **Step 4:** Be sure to brush gently along the gum line.
- **Step 5:** Brush your tongue in a back-to-front sweeping motion to remove food particles and help remove odor-causing bacteria to freshen your breath.

Now that you've learned proper brushing technique, a little discipline in practicing it every day will help make it feel like second nature. It's one of the easiest things you can do to maintain the health of your teeth and gums.

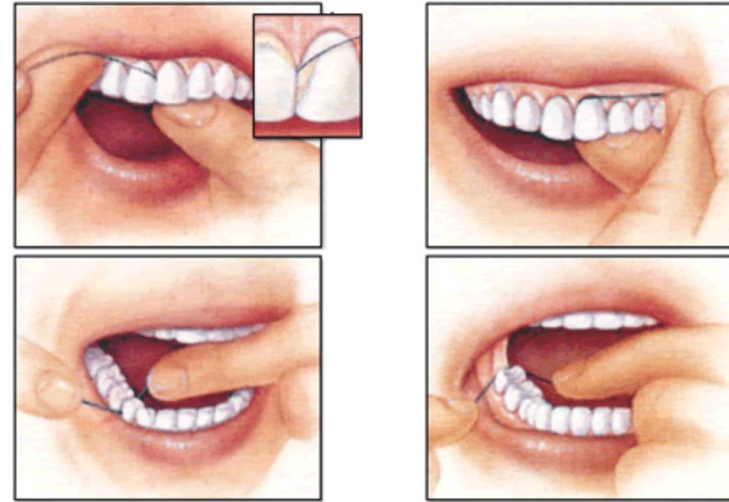


# Flossing:

- Flossing once a day is a very important part of your daily routine.
- Floss helps reach the areas beneath the gum line that your toothbrush cannot.

## Proper Flossing Technique

- Use about 18 inches of floss, so you have a clean piece of floss to use on each tooth in the cleaning process.
- Curve the floss into a C-shape as you slide it up and down along the side of each tooth.
- Don't forget to floss the back sides of your back teeth on both the left and right of the upper and lower teeth.



Proper brushing and flossing technique as part of your daily oral care routine are the most important components in the fight to keep your teeth plaque free – and protecting your teeth and gums for a lifetime.



# Treatment works best before the disease spreads

1. Brush your teeth 2 times a day with fluoride toothpaste.
2. Floss between your teeth every day.
3. Visit a dentist regularly for a checkup and cleaning.
4. Cut down on sugary foods and drinks.
5. Don't smoke or chew tobacco.

**It may be helpful to keep a small tube of toothpaste, toothbrush, and floss in your bag, or at work, this way if you are not home you can always make time to take care of your teeth.**

**ANY QUESTIONS?**





*Thank You*

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