

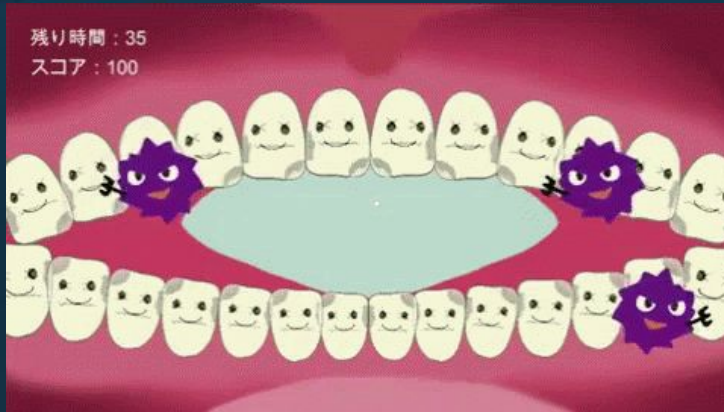
Oral Health and Nutrition



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Benefits of having good oral health






- Reduce the risk of cavities
- Prevent gum disease
- Reduce bad breath
- Improve overall health
- Reduce risk of cardiovascular disease



What happens if you don't keep your mouth clean and healthy?

If you fail to keep your mouth clean you will begin to have a large amount of plaque that will begin to harden and become what we call calculus.

Plaque can be removed with regular brushing and flossing but calculus can only be removed by seeking care from a dentist or dental hygienist.

CALCULUS GRADING SCALE	
	0 No calculus
	1 TRACE Trace levels of calculus at gingival margin or between teeth
	2 SLIGHT Calculus deposits 1 mm or less
	3 MODERATE Calculus deposits 1 to 2 mm, but covering less than one third of the tooth surface
	4 HEAVY Calculus deposits greater than 2 mm, may extend over soft tissues, or may bridge teeth

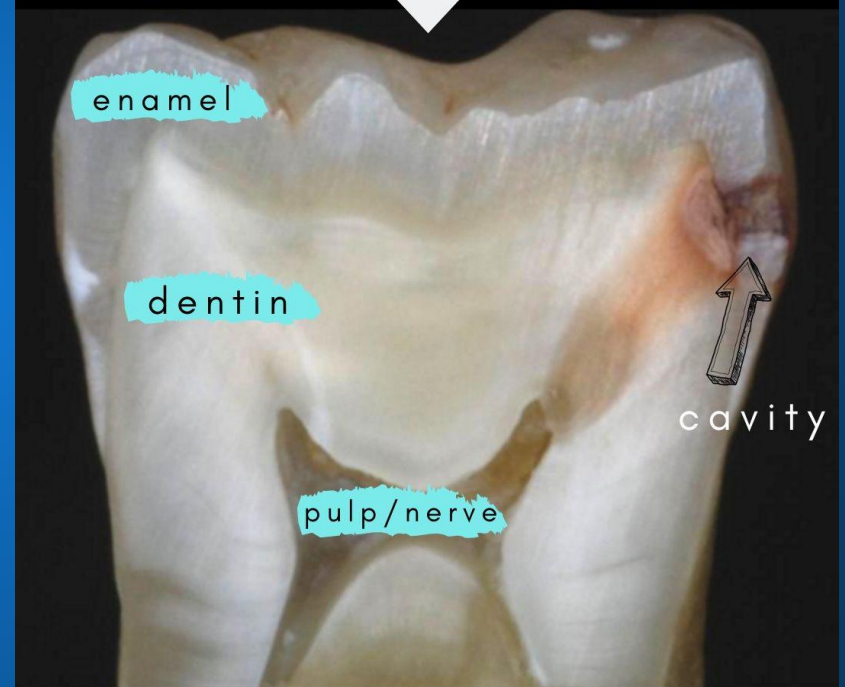
What is a cavity?

A cavity is a hole in a tooth that can grow larger and deeper over time, this happens when you don't practice good oral hygiene.

Foods with sugars and starches in them, like candy, soda, cake, juices, milk, and cereals, become acidic from the bacteria. The acids break down tooth enamel and cause cavities.

As bacteria builds up on a tooth, it forms a sticky layer called plaque. Typically, plaque forms in between teeth, near the gums or in the grooves of a tooth. Over time, plaque can wear away a tooth's enamel and form a small pit, known as a cavity. Untreated dental caries can erode into a tooth's inner layer (dentin) and become very painful.

WHAT DO CAVITIES LOOK LIKE?



What is gum disease?



Can I lose my teeth from gum disease?

Yes depending on how severe you can have loose teeth and they will with time fall out if proper oral health isn't being maintained.

https://youtu.be/sBGOhVuhFVA?si=GnOISrgejx4PI_-f

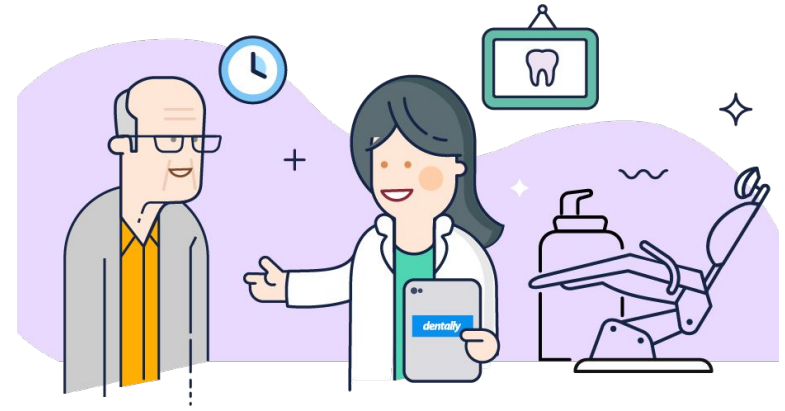
Gingivitis vs Periodontal Disease



https://youtu.be/LLXdQMW_T8Q?si=r_UV26-nRtxkiwwD

How Can I Get Rid of Gum Disease?

- Brushing your teeth twice daily, using antibacterial mouthwash and flossing daily with the proper technique will ensure that bacteria in your gums will be removed
- It's crucial to visit the dentist regularly every 3-6 months to receive professional dental cleanings, checkups and education on oral homecare.



How to Properly Brush Your Teeth

1. Aim toothbrush at your gums
2. Circular motions
3. Make sure to get all 3 surfaces!
 - Fronts
 - Backs
 - Chewing surfaces



<https://youtu.be/xm9c5HAUBpY?si=moBLgCIPEKM-Zkn2>

How to floss correctly?

Make a C-shape!



Mouth rinse, toothpaste and tongue cleaner

Mourinse

- Removes the bacteria and food from your gums when we swish it through our teeth
- Prevents cavities because it contains fluoride
- Prevents bad breath

Toothpaste

We should be using a pea sized amount to prevent **fluorosis**. Which changes the color of our teeth if we use tooth much toothpaste.

Tongue cleaner or Scraper

Removes bacteria and biofilm from your tongue

Prevents bad breath



White spot lesions

This can happen:

For those of you that have braces or are looking forward to getting braces one day. It is important to properly brush and floss twice a day to avoid white spot lesions from developing on your teeth. These lesions are caused by bacteria that has sat on the teeth around the brackets of the braces and damaged the outer layer of the tooth. Unfortunately, these white spots are permanent and usually appear when a person does not take care of their teeth when they have had braces.



Healthy food choices

It is important to focus on making good nutrition choices to keep not only your body healthy but your smile healthy as well

Choose foods rich in calcium like dairy products

Snack of fruits and veggies

Limit sugary snacks and drinks, after eating or drinking anything sugary always drink water afterwards



Sugary snacks and beverages we want to avoid



What foods are good to eat to avoid poor oral health?

HEALTHY TEETH AND GUMS

GOOD



- Water
- Fresh Fruits and Vegetables
- Whole Grains
- Lean Protein
- Nuts
- Low-fat or Fat-free Dairy Products
- Sugar-free Foods and Sugarless Gum

BAD



- Sugary Beverages Like Soda and Sports Drinks
- Hard Candies
- High Carb Foods Like Potato Chips
- Ice
- Acidic Foods
- Sugary, Sticky Foods Including Dried Fruit
- Excessive Alcohol

5 Tips for Healthy Teeth and Gums

1



Schedule routine teeth cleanings and dental exams twice a year

2



Aim to eat a variety of healthy foods and try to avoid the "bad" list: read food labels if you're unsure

3



Drink water throughout the day to help rinse food residue from teeth and gums

4



Brush and floss your teeth daily

5



Limit snacking

What foods are good for me ?

A large, vibrant assortment of fresh fruits is displayed against a dark background. The collection includes a large watermelon with green stripes, a whole pineapple with its crown of spiky leaves, several bunches of ripe yellow bananas, a cantaloupe melon, a pear, several red and yellow apples, several bright orange oranges, a cluster of red strawberries, and a bunch of purple grapes. The fruits are piled together, creating a colorful and appetizing scene.

- **Vegetables**
- **Fruits**
- **Lean meat(non fatty)**
- **Fish**
- **Oats**
- **Grains**
- **Eggs**
- **Brown rice**

Why is it important to go to a dental office?



In Conclusion . . .

- Oral health and nutrition go hand in hand, your nutrition can have a major impact on your oral health and vice versa.
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- It's important to maintain good oral health and nutrition to ensure that your overall health is also taken care of.
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- Regularly visiting the dentist is a major key to achieving proper oral health and nutrition.



Kahoot time

<https://create.kahoot.it/share/dental-health/56ef54ce-ae96-475d-ae89-f187419e66ec>

