



## October is National Dental Hygiene Month

**A whopping – 89% respondents in Delhi, 65% respondents in Bengaluru, 25% respondents in Kolkata and 19% respondents in Mumbai feel that India as a nation smiles less than other countries!!!**

- ✚ Good dental hygiene habits should begin before your child's first tooth comes in.
- ✚ Wiping your baby's gums with a soft damp cloth after feedings helps to prevent the buildup of bacteria. When the teeth appear, start using a soft children's toothbrush twice a day.
- ✚ Once your child is preschool-age, start using fluoride toothpaste.
- ✚ Don't cover the brush with toothpaste; a pea-sized amount is enough.

### Your child also might be at risk if:

- ✚ Born early (prematurely) or weighed very little at birth (low birth weight).
- ✚ Has ongoing special health care needs.
- ✚ Has white spots or brown areas on any teeth.
- ✚ Does not go to the dentist very often.

Nutrition plays an important role in good dental health. Calcium foods helps protect teeth from cavities, and milk and cereal — often fortified with calcium.

### Myths:

- ✚ Eating fruit before you go to bed cleans your teeth.
- ✚ There is no harm in sharing toothbrushes.
- ✚ All mouthwashes do the same job.
- ✚ Brushing your teeth harder than normal is a better way to keep them clean.

### Here are some tips to help you look after your teeth:

- ✚ Brush at least twice a day: The best time to brush teeth is after meals. Choose a toothbrush with a small head for better access to back teeth. Soft bristles are kinder on your gums.
- ✚ Use fluoridated toothpaste: Fluoride helps to harden tooth enamel and reduces your risk of decay.
- ✚ Brush thoroughly: Tooth brushing should take between two and three minutes.
- ✚ Floss your teeth daily: Use a slow and gentle sawing motion.
- ✚ Limit acidic drinks like soft drinks, cordials and fruit juices. Food acids soften tooth material and dissolve the minerals in tooth enamel, causing holes (cavities or caries). In severe cases, teeth may be 'eaten' right down to the gum.
- ✚ Limit sugary foods: Bacteria in dental plaque change sugars into acids.
- ✚ Protect your teeth from injury.
- ✚ Avoid using your teeth for anything other than chewing food. If you use them to crack nuts, remove bottle tops or rip open packaging, you risk chipping or even breaking your teeth.
- ✚ See your dentist for regular check-ups: You should also visit your dentist if you have a dental problem such as a toothache or bleeding gums.

- ✂ Avoiding dry mouth: Saliva provides an essential defence against tooth decay and periodontal disease. Where there is insufficient saliva serious dental health problems can arise.
- ✂ Fresh breath: There are a number of causes of bad breath, the most common of which is poor oral care. Volatile Sulphur Compounds (VSC) are produced when naturally occurring bacteria break down plaque and food debris in the mouth.
- ✂ Use of mouthwash: If you are looking for a good mouthwash then make sure it is alcohol-free, as alcohol is an irritant and can dry out the mouth. This will have the effect of reducing the amount of saliva present, and make your teeth more susceptible to bacteria. The benefits of a mouthwash are that they can reach areas not touched by brushing alone. Rinse twice a day – once in the morning and last thing at night and always after brushing.
- ✂ Whiter teeth: A white smile means health and happiness but is particularly difficult to achieve for those who smoke, drinking red wine and other tannin containing drink.
- ✂ New toothbrush: Did you know you should change your toothbrush every two to three months for good dental hygiene?
- ✂ Clean your tongue: A major cause of bad breath can actually come from bacteria building up on your tongue with a high percentage of it accumulating at the back, making it hard to reach. Use a proper tongue scraper every morning to remove tongue plaque and freshen your breath.

### Reference Links:

- ✂ <http://www.dentocare.co.uk/healthy-talk/Top-10-Tips-For-Dental-Care>
- ✂ [http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/10\\_tips\\_to\\_look\\_after\\_your\\_teeth?open](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/10_tips_to_look_after_your_teeth?open)
- ✂ <http://timesofindia.indiatimes.com/life-style/health-fitness/health/Dental-health-Oral-myths-debunked/articleshow/42038213.cms?>
- ✂ [https://www.pg.com/en\\_IN/downloads/news\\_media/The\\_Oral\\_B\\_Smile\\_Survey\\_by\\_AC\\_Nielsen.pdf](https://www.pg.com/en_IN/downloads/news_media/The_Oral_B_Smile_Survey_by_AC_Nielsen.pdf)

**For any enquiry or assistance please contact:** [wellness@medicaretpa.co.in](mailto:wellness@medicaretpa.co.in)

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