



Dental Health Month

Dental Health Month is here, so let's take a moment to understand why we should care... Most of us put little significance into the importance of proper oral hygiene, including with our own children, believing the consequences to be minimal, if any. Our mouth however, is the most obvious portal into the rest of our body, including our blood stream. If we are suffering from even mild gum disease, those bacteria have a direct entry into the rest of our body. Moderate to severe gum disease may even increase your risk of a heart attack or stroke. Let's not forget that during last year's dental health month, the public learned of the death of a 12 year boy, related to the infection from an abscessed tooth that did not receive proper attention.

Keys To Success:

- Brush your teeth twice a day with fluoride toothpaste.
- Replace your toothbrush every three to four months.
- Clean between teeth daily with floss.
- Eat a balanced diet.
- Visit your dentist regularly for professional cleanings and oral exams, especially if you are having tooth pain or bleeding.
- As always, PREVENTION saves: time, money and comfort.



Do you know what to look for in a dentist???

- ✓ Is the appointment schedule convenient for you?
- ✓ Is the office easy to get to from your home or job?
- ✓ Does the office appear to be clean, neat and orderly?
- ✓ Does the dentist explain techniques that will help you prevent dental health problems? Is dental health instruction provided?

- ✓ Are special arrangements made for handling emergencies outside of office hours?
- ✓ Is information provided about fees and payment plans before treatment is scheduled?

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