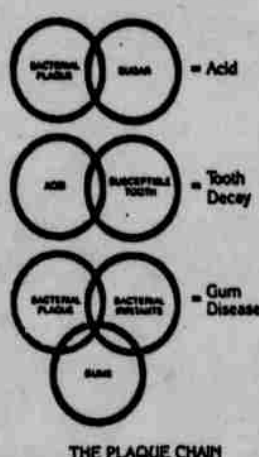


STAY HEALTHY SERIES

YOU AND YOUR TEETH - A LONG LIFE AFFAIR

Dental disease is the most widespread disease in the world, effecting approximately 95% of the population. Tooth decay and gum disease can be prevented when one understands the causes and learns how to prevent them through such simple procedures as brushing and flossing.



THE PLAQUE CHAIN

The principles of prevention must be learned and applied early in life and this prevention is the responsibility of the individual. Your dentist and his or her staff can relieve pain and restore your mouth to a functional state, but **ONLY YOU CAN PREVENT DENTAL DISEASE!!**

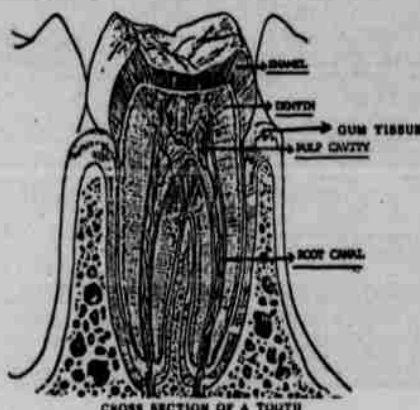
DID YOU KNOW?

- 25 million people in the U.S. are completely without natural teeth.
- 86% of all tooth loss is due to cavities and gum disease.
- Less than 50% of our population visits the dentist each year.
- Americans spend more than \$10 BILLION dollars annually on dental treatments.
- Americans have over 1 billion unfilled cavities
- 50% of all children under 5 years old have never been to a dentist.
- 25% of our population visits the dentist only when they are in pain.

HOW SUGAR EFFECTS DENTAL HEALTH

Your diet and the role sugar plays in the production of dental disease is simple:

1. Sugar is an invitation to dental caries (tooth decay). Sugar is rapidly broken down in your mouth and produces acids which begin the decay process.
2. Different forms of sugar are equally destructive in producing acid, regardless if it is added to foods or is naturally present. Honey, molasses, sucrose, corn syrup, lactose, and fructose are all forms of sugar.
3. Poor diet can weaken the gums and bones which support the teeth, leaving them more susceptible to periodontal (gum) disease.



THE PLAQUE ATTACK

The decay process begins when sugar mixes with plaque. Plaque is a thin, sticky, colorless layer of bacteria which forms on your teeth. Plaque and its by-products break down the sugars in the foods we eat and change the sugars to form acid. The sticky plaque then holds the acid to your teeth, allowing it to attack the enamel on your teeth. Plaque becomes most harmful when it is allowed to organize into "colonies", a process that takes about 24 hours.

Plaque is also responsible for periodontal disease. Periodontal is a word that means "around the teeth", and this includes such structures as bone and gum tissue. This disease, in the past, was called pyorrhea, and, in its worst stages, trench mouth. Today we know that this disease can occur in any person with poor dental hygiene and it can be prevented or arrested in any person with good dental hygiene.

Periodontal disease is created when bacterial plaque accumulates around the teeth in contact with gum tissues. Acid waste products from the bacteria cause an inflammatory reaction in the tissues which is seen as redness, swelling, and bleeding. After long periods of chronic abuse or neglect, the tissues are destroyed and more debris packs around the tooth, increasing the problem. If not corrected, the inflammation eventually reaches the bone and the bone is destroyed. With the bone destroyed, the tooth no longer has support and becomes loose and may eventually fall out.

THE ACID ATTACK

Once acid forms, the greatest damage is done within the first 20 minutes after eating sweet foods. After repeated acid attacks, the enamel is broken down and the tooth becomes destroyed. The problem is not just the AMOUNT of sugar eaten daily. It is HOW OFTEN you eat sugar, the PHYSICAL FORM of the food containing sugar, and the LENGTH OF TIME the sugar stays in your mouth. These factors will greatly contribute to the production of acid and dental decay. The more times you eat foods containing sugar, the more times acid forms on your teeth. If you are a "sugarholic", you have increased the number of times acid attacks your teeth per day. If you limit eating sugar-rich foods to mealtime only, you reduce the number of acid attacks.

So, we see that dental disease is allowed to happen because poor oral (mouth) hygiene, the result of which can be disastrous to the teeth. On the other hand, good oral hygiene can result in a healthy mouth for a life time with little need for professional care. Good hygiene can take as little as 3 to 5 minutes a day and consists of brushing all tooth and gum surfaces with a soft brush and flossing between the teeth to complete the job.

Done properly once or twice a day, this routine will remove the plaque from the teeth and prevent the process of decay and periodontal disease. Once this is understood, it can be said that DENTAL DISEASE OF CHOICE - NOT OF FATE!!

TOOTH BRUSHING

Tooth brushing removes plaque from the inner, outer, and biting surfaces of the teeth. Most dentists recommend a gentle, back and forth, up and down scrubbing technique with short strokes. Place the brush at a 45 degree angle against the gum line. The chewing surfaces should also be brushed with short, scrubbing strokes.

Ask your dentist to recommend a toothbrush for you. The type of brush you need depends on how well you

remove plaque and the position of your teeth. For general use, a brush with soft and/or rounded bristles may be used as it is less likely to injure gum tissue. The size and the shape of the brush should allow to reach every tooth. Children need smaller brushes than those designed for adults.

FLOSSING

Flossing removes plaque from between your teeth and under the gum line. It's important to clean these areas where the toothbrush cannot reach. Wind about 18 inches of floss around the forefinger of each hand. Hold the floss tightly and gently insert it between your teeth. Don't snap the floss - this can injure your gums. Curve the floss into a "C" shape against the side of the tooth. Scrape up and down. Repeat this procedure on each tooth. With practice you will be able to reach every surface on the upper and lower teeth.

HELP YOUR BABY TO A HAPPY SMILE

The best time to learn how to take care of your baby's teeth is before they grow into the mouth. Your baby's new teeth can be kept healthy. Healthy teeth will help him or her to talk, chew, and smile pretty. AS A PARENT, IT'S UP TO YOU!

INTERESTING HEALTH ITEMS FOR THE FAMILY

- Keep toothpicks out of the reach of children under five years of age. They are 20 times more likely to injure an eye or ear with a toothpick than other people do.
- A recent survey of major U.S. insurance companies found that a 35 year-old man with uncontrolled high blood pressure of 175/95 would pay more than twice as much for life insurance as a man with normal blood pressure.

STAYING HEALTHY PRESENTATION

THURSDAY JUNE 8, 1989 - 2:00 pm

CHILDREN'S DENTAL HEALTH

Everyone, especially mothers with infants and/or pre-school children and also expectant mothers, is cordially invited to attend a CHILDREN'S DENTAL HEALTH presentation by:

MARY BETH KINNEY
IHS HEADQUARTERS
DENTAL HEALTH
EDUCATION SPECIALIST

THURSDAY JUNE 8, 1989

AT

GRAND RONDE TRIBAL OFFICE

We are very fortunate to have Mary Beth take the time from her busy schedule to come talk to us about infant "bottle mouth" and other children's dental health problems. We strongly encourage everyone to attend!

BABY SITTERS WILL BE PROVIDED