Things that wreck your teeth

* chewing on ice - people think its sugarless, but biting on something hard can crack your teeth. Its also cold and can cause pain
* Thumb sucking - pushes your palate and teeth forwards
* gummy candies - sticks to teeth and has lots of sugar
* chewing on your pencil - can chip or crack teeth. Sugarless gum.

How does sugar cause plaque

* Bacteria on teeth use sugar for energy to grow and multiply. Usually saliva can wash away some of the bacteria on your teeth, but some bacteria can use the sugar to make a kind of glue to stick to tooth surfaces
* The plaque on teeth forms acids which break down the hard outer layer of your teeth, the enamel, to create small holes in the teeth. This is what causes cavities

Flossing

* Not flossing means 35 percent of tooth surfaces are not cleaned
* Removes plaque from teeth in addition to brushing

Fluoride

* A natural element found in many things such as water and food
* Makes the enamel stronger and more durable. This will help the tooth become more resistant to acid and prevent cavities
* Located in toothpaste, and tap water. The dentist also applies a small amount of fluoride gel onto the teeth. This is a medical treatment and should only be done by a healthcare professional.
* Egg activity – The egg has been soaked in white vinegar which acts as an acid like the acid produced by plaque. The shell of the egg is like the enamel of your teeth, the acid has eaten away at the hard shell of the egg and it has become very soft and squishy. Using fluoride can prevent the acid from acting on the enamel.

Gingivitis

* Plaque in the teeth causes the gums to become swollen, red, and may bleed
* Preventable through regular brushing and flossing
* Long term effects – loosening of teeth, can increase risk for other conditions (bacteria from teeth/gums can flow to other parts of the body when the gums bleed)

Braces – why we need it, general how to take care of them

* start looking into braces once all baby teeth have fallen out. It is good to get a checkup from an orthodontist to see if braces may be needed
* Braces serve two general purposes:  moving teeth back into place when they are misaligned and move teeth away from each other and provide space for other teeth to emerge.
* Someone with braces should have a better hygiene than someone without braces. Braces are meant to help you, but at the same time if the correct preventative measures aren’t taken, braces can actually hurt your teeth. This happens because braces accumulate more food in your teeth, which also serves as a food source for bacteria in your mouth.

First aid of teeth:
What to do if you chip a tooth?

* Immediately contact your dentist and alert them of the situation.
* If you are experiencing pain, you can take some over the counter pain relievers such as Tylenol, Advil, or Motrin.
* If the broken tooth causes a sharp edge that cuts your tongue or cheek, place some wax paraffin where the sharp spot is located.
* soak knocked out tooth in milk or water to keep the cells alive and go to the dentist ASAP so he can try to salvage the tooth and try to reattach it

Tobacco

* Oral cancer – risk increased by 4 times
* Bad breath, staining, bone loss, shrinking gums, mouth sores, decreased taste and smell, hairy tongue
* Increased calculus (hardened dental plaque)
* Pictures

Pictures - tobacco, gingivitis, thumbsucking, plaque

Bingo game to recap – Dental themed questions

* How many baby teeth are there? 20
* How many adult teeth are there? 32
* How long does tooth decay take to set? 24 hours
* How many feet away from the toilet should your tooth brush be? 6 feet
* What is the second most common disease in the United States? Tooth Decay (caries)
* What is the hardest tissue in the body? Tooth enamel
* How long does it take for a knocked out tooth to die? 15 minutes
* What disease is caused by plaque where the gums become red and swollen? Gingivitis
* How often should you visit the dentist? Twice a year
* How much of your teeth surfaces do you miss if you don’t floss? 35 percent
* What is a dentist who specializes in working with kids called? A pediatric dentist