

Did you know that tooth enamel is the strongest substance in the human body? Yet, even though your teeth are comprised of this extremely durable substance, they cannot repair themselves like other parts of the body. October is **National Dental Hygiene Month**, and One Call is here to help you make good oral care decisions to keep your mouth happy and healthy!

GOOD DENTAL HYGIENE IS AS EASY AS 1-2-3!



Brush
2x per day



Floss
1x per day



Swish
for 30 seconds

DID YOU KNOW MOST PEOPLE HAVE 34-72 DIFFERENT VARIETIES OF BACTERIA IN THEIR MOUTHS AT ALL TIMES?

Don't worry! Most of these tiny bacteria are harmless, but there are a few that can deplete your mouth health. **The two most common types of bad bacteria are:**



Streptococcus Mutans
"The Cavity Creator"



Porphyromonas Gingivalis
"The Bad Breath Bringer"

WHAT CAN YOU DO? Start practicing good oral care!



Brush your teeth after every meal, floss daily, and use antibacterial mouthwash



Your diet plays a large role in managing the bacteria. Avoid foods with a lot of sugar or starch when you aren't near a toothbrush



AFRAID OF THE DENTIST?

9-15% of Americans avoid going to the dentist because of their fear. Here are the top causes of dental anxiety:

- Pain
- The feeling of not having control and helplessness
- Embarrassment
- Bad past experiences

If this sounds like you, let your dentist know prior to your appointment so they are aware of your fears. Many dentists offer tailored treatment options to provide a level of comfort to anxious patients.

WHEN IS IT TIME TO SEE A DENTIST?

The American Dental Association recommends regular dental exams twice annually to keep your mouth healthy and help prevent many problems from developing, but if you're experiencing any of the following issues, make an appointment today!



- Dry mouth
- Mouth sores
- Hot or cold tooth sensitivity
- Gum inflammation or bleeding
- Difficulty chewing or swallowing
- Persistent bad breath
- Pain or swelling in mouth, face or neck
- Jaw pain or popping noise
- Medical treatment such as radiation, chemotherapy or hormone replacement therapy