



Oral Health Twitter and Facebook Messages



Dental Care



By flossing daily, you help remove plaque from the areas between your teeth where the toothbrush can't reach! <http://www.mouthhealthy.org/en/az-topics/f/flossing/> #healthymouthbody

Brush daily & see your #dentist & #hygienist regularly for good #dental and overall health <http://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth> #healthymouthbody

Sensitive teeth can be treated. Your dentist may suggest one of a variety of treatments. <http://www.mouthhealthy.org/en/az-topics/s/sensitive-teeth> #healthymouthbody

Brush your gums, tongue & roof of your mouth every morning before you insert your dentures <http://www.mouthhealthy.org/en/az-topics/d/Dentures> #healthymouthbody

During a dental visit, a dentist will determine if your wisdom teeth are healthy & properly positioned <http://www.mouthhealthy.org/en/az-topics/w/wisdom-teeth> #healthymouthbody

Dental sealants act as a barrier to prevent cavities. Applied to the chewing surfaces of the back teeth <http://www.mouthhealthy.org/en/az-topics/s/sealants> #healthymouthbody

#Oralhealth is key to overall #health and well-being for #children and #adults. <http://www.hrsa.gov/publichealth/clinical/oralhealth/maternalchild.html> #healthymouthbody

We should brush and floss our teeth daily. Flossing is also important to good #oralhealth. https://www.deltadentalins.com/oral_health/adult-dental-health.html #healthymouthbody

Good #oralhealth enhances our ability to speak, smile, taste, chew, and swallow. <http://www.cdc.gov/chronicdisease/resources/publications/aag/doh.htm> #healthymouthbody



By flossing daily, you help remove plaque from the areas between your teeth where the toothbrush can't reach! <http://www.mouthhealthy.org/en/az-topics/f/flossing/> #healthymouthbody

Brush your teeth twice a day with a soft-bristled brush. The size and shape of your brush should fit your mouth, allowing you to reach all areas easily. <http://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth> #healthymouthbody

Sensitive teeth can be treated. The type of treatment will depend on what is causing the sensitivity. Your dentist may suggest one of a variety of treatments. <http://www.mouthhealthy.org/en/az-topics/s/sensitive-teeth> #healthymouthbody

Even if you wear full dentures, you still have to practice good dental hygiene. Brush your gums, tongue and roof of your mouth every morning with a soft-bristled brush before you insert your dentures to stimulate circulation in your tissues and help remove plaque. <http://www.mouthhealthy.org/en/az-topics/d/Dentures> #healthymouthbody

Wisdom teeth: As part of a dental visit, your dentist will examine you to determine if your wisdom teeth are healthy and properly positioned. <http://www.mouthhealthy.org/en/az-topics/w/wisdom-teeth> #healthymouthbody

Dental sealants act as a barrier to prevent cavities. They are a plastic material, usually applied to the chewing surfaces of the back teeth (premolars and molars) where decay occurs most often. <http://www.mouthhealthy.org/en/az-topics/s/sealants> #healthymouthbody

Oral health is key to overall health and well-being for children and adults. Appropriate oral care is especially important during pregnancy, when the woman's oral health can be affected. <http://www.hrsa.gov/publichealth/clinical/oralhealth/maternalchild.html> #healthymouthbody

Flossing your teeth can help keep your gums strong and prevent plaque from building up between the teeth. Make sure to floss at least once a day, preferably before bed, to clean the places where a toothbrush can't reach. https://www.deltadentalins.com/oral_health/adult-dental-health.html #healthymouthbody

More than 5 million teeth are knocked out every year in children and adults. With proper emergency action, a tooth that has been knocked out of its socket can be successfully replanted and last for years. It's important to see a dentist as soon as the tooth is knocked out. Quick action will increase the likelihood of saving the tooth. <http://www.aae.org/patients/symptoms/knocked-out-teeth.aspx> #healthymouthbody

Oral health is an essential part of our everyday life, but it is often taken for granted. Good oral health enhances our ability to speak, smile, smell, taste, touch, chew, swallow, and convey our feelings and emotions through facial expressions. <http://www.cdc.gov/chronicdisease/resources/publications/aag/doh.htm>
#healthymouthbody

Women and Oral Health



Twitter

As a woman, why do I have to worry about #oralhealth? <http://womenshealth.gov/publications/our-publications/fact-sheet/oral-health.html#e>
#healthymouthbody

Women's #oralhealth issues: Hormonal fluctuations affect more than a woman's reproductive system <http://www.ncbi.nlm.nih.gov/pubmed/11324047> #healthymouthbody

If you are #pregnant, you have special #oralhealth needs. <http://www.womenshealth.gov/publications/our-publications/fact-sheet/oral-health.html#e>
#healthymouthbody

A woman's periodontal health may be impacted by a variety of factors <http://www.perio.org/consumer/women.htm> #healthymouthbody

Women may be more susceptible to #oralhealth problems because of hormonal changes <http://www.m.webmd.com/oral-health/hormones-oral-health> #healthymouthbody



Facebook

Women may be more susceptible to oral health problems because of the unique hormonal changes they experience <http://www.m.webmd.com/oral-health/hormones-oral-health>
#healthymouthbody

Pregnant women are particularly susceptible to dental problems due to hormone changes, vomiting from morning sickness and other pregnancy-related issues <http://m.huffpost.com/us/entry/7207764> #healthymouthbody

Remember dental work during pregnancy is safe. The best time for treatment is between the 14th and 20th weeks. In the last months, you might be uncomfortable sitting in a dental chair. <http://www.womenshealth.gov/publications/our-publications/fact-sheet/oral-health.html>
#healthymouthbody

Diabetes and Oral Health



Twitter

Did you know diabetes can also cause problems in your mouth? <http://www.nidcr.nih.gov/OralHealth/Topics/Diabetes/> #DentalCare #healthymouthbody

People with diabetes have special needs. Your dentist & hygienist are equipped to meet those needs <http://www.diabetes.org/living-with-diabetes/treatment-and-care/oral-health-and-hygiene/diabetes-and-oral-health.html> #healthymouthbody



Facebook

People who have diabetes know the disease can harm the eyes, nerves, kidneys, heart and other important systems in the body. Did you know diabetes can also cause problems in your mouth? <http://www.nidcr.nih.gov/OralHealth/Topics/Diabetes/> #healthymouthbody

People with diabetes have special needs and your dentist and hygienist are equipped to meet those needs <http://www.diabetes.org/living-with-diabetes/treatment-and-care/oral-health-and-hygiene/diabetes-and-oral-health.html> #healthymouthbody

Children and Oral Health



Twitter

Did you know that #children should begin having regular #dental checkups by age 1? <http://www.webmd.com/oral-health/guide/childs-first-dental-visit> #healthymouthbody

Don't let your #baby go to sleep with a bottle filled with milk or juice = #tooth decay <http://www.colgate.com/app/CP/US/EN/OC/Information/Articles/Oral-and-Dental-Health-at-Any-Age/Infants-and-Children/Toddler-Child-Transitional-Care/article/Your-Childs-Mouth.cvsp> #healthymouthbody

Poor #OralHealth results in Missed #School days, Lower Grades. <http://dentistry.usc.edu/2012/08/10/poor-oral-health-can-mean-missed-school-lower-grades/> #healthymouthbody

When #teeth erupt, clean them with a toothbrush designed for small #children. <http://www.aapd.org/assets/1/7/FastFacts.pdf> #healthymouthbody

What to do when a #child has had a #tooth knocked out. <http://www.aae.org/patients/symptoms/knocked-out-teeth.aspx> #parents #healthymouthbody

The AAPD recommends that #children visit the #dentist by their first birthday. http://www.aapd.org/resources/frequently_asked_questions/ #healthymouthbody

Never dip a pacifier in sweet liquids as it can lead to serious #tooth decay. <http://www.webmd.com/oral-health/guide/what-is-baby-bottle-tooth-decay> #healthymouthbody



Facebook

It is recommended that a child be seen by a dentist by the age of 1 or within 6 months after the eruption of the first tooth <http://www.webmd.com/oral-health/guide/childs-first-dental-visit> #healthymouthbody

Don't put your baby to bed with a bottle unless it is filled with plain water. Even watered-down fruit juice or milk can increase the risk of decay. <http://www.colgate.com/app/CP/US/EN/OC/Information/Articles/Oral-and-Dental-Health-at-Any-Age/Infants-and-Children/Toddler-Child-Transitional-Care/article/Your-Childs-Mouth.cvsp> #healthymouthbody

Before the teeth erupt, clean the baby's mouth and gums with a soft cloth or infant toothbrush at bath time. This helps to make ready the baby for the teeth cleaning to come. <http://www.aapd.org/assets/1/7/FastFacts.pdf> #healthymouthbody

Tooth decay in infants and very young children is often referred to as baby bottle tooth decay. Baby bottle tooth decay happens when sweetened liquids or those with natural sugars (like milk, formula, and fruit juice) cling to an infant's teeth for a long time. <http://www.webmd.com/oral-health/guide/what-is-baby-bottle-tooth-decay> #healthymouthbody

Developing good habits at an early age and scheduling regular dental visits helps children to get a good start on a lifetime of healthy teeth and gums. <http://www.ada.org/en/public-programs/national-childrens-dental-health-month/> #healthymouthbody

Poor oral health, dental disease, and tooth pain can put kids at a serious disadvantage in school <https://dentistry.usc.edu/2012/08/10/poor-oral-health-can-mean-missed-school-lower-grades/> #healthymouthbody

In order to prevent dental problems, your child should see a pediatric dentist when the first tooth appears, or no later than his/her first birthday. http://www.aapd.org/resources/frequently_asked_questions/ #healthymouthbody

Fluoride Facts - Dental Health



#fluoride in the #water strengthens #teeth and protect against #tooth decay. http://kidshealth.org/parent/general/teeth/fluoride_water.html #healthymouthbody

Community water #fluoridation has helped millions of people fight #tooth decay. <http://www.ilikemyteeth.org/learn-share/fluoridated-water-tap-into-it/> #healthymouthbody

#Fluoride prevents tooth decay and arrests incipient cavities. <http://www.webmd.com/oral-health/guide/fluoride-treatment> #healthymouthbody



Fluoride prevents the acid produced by the bacteria in plaque from demineralizing tooth enamel, the hard and shiny substance that protects the teeth. http://kidshealth.org/parent/general/teeth/fluoride_water.html #healthymouthbody

Community water fluoridation has been around for more than 60 years and has helped millions of people fight tooth decay. Because of its safety, effectiveness, and low cost, fluoride was named one of the top 10 great public health interventions by the Centers for Disease Control (CDC). <http://www.ilikemyteeth.org/learn-share/fluoridated-water-tap-into-it/> #healthymouthbody

Fluoride helps prevent tooth decay by making the tooth more resistant to acid attacks from plaque bacteria and sugars in the mouth. Fluoride also reverses early decay. <http://www.webmd.com/oral-health/guide/fluoride-treatment> #healthymouthbody

Spanish Messages: Children and Oral Health



Los dientes de leche son importantes porque guardan espacio en la boca de su hijo para los dientes permanentes. <http://www.mouthhealthy.org/es-MX/az-topics/b/baby-teeth/> #healthymouthbody

Enseñar a los niños hábitos de higiene bucal a una edad temprana puede traducirse en una sonrisa sana toda la vida <http://www.mouthhealthy.org/es-MX/babies-and-kids/> #healthymouthbody

Los selladores dentales son una forma rápida y sencilla de proteger los dientes del niño y actúan como una barrera ante la caries <http://www.mouthhealthy.org/es-MX/babies-and-kids/concerns> #healthymouthbody