



Community Health Centers
of Greater Dayton

Healthy at 80

October is Dental Hygiene Month!

Tips for a Daily Routine to Keep your Mouth and Teeth Healthy!

Brush

Always brush two minutes, two times a day, every day

Research shows that brushing for two minutes is the single most important method for reducing plaque and preventing cavities, gingivitis and other plaque-related diseases. Brushing for two minutes twice a day is crucial to maintaining healthy smiles. Proper brushing technique cleans teeth and gums effectively.

- ✚ Proper brushing is essential for cleaning teeth and gums effectively. Use a toothbrush with soft, nylon, round-ended bristles that will not scratch and irritate teeth or damage gums.
- ✚ Place bristles along the gumline at a 45-degree angle. Bristles should contact both the tooth surface and the gumline.
- ✚ Gently brush the outer tooth surfaces of 2-3 teeth using a vibrating back & forth rolling motion. A rolling motion is when the brush makes contact with the gumline and is moved downward toward the chewing surface.
- ✚ Move brush to the next group of two to three teeth and repeat. Gently brush using back, forth, and rolling motion along all of the inner tooth surfaces.



- ✚ Tilt brush vertically behind the front teeth. Make several up & down strokes using the front half of the brush.
- ✚ Place the brush against the biting surface of the teeth & use a gentle back & forth scrubbing motion.
- ✚ Brush the tongue from back to front to remove odor-producing bacteria.



Brush Up on Healthy Teeth

Simple Steps for Kids' Smiles



1. Start cleaning teeth early.

As soon as the first tooth appears, begin cleaning by wiping with a clean, damp cloth every day. When more teeth come in, switch to a small, soft toothbrush. Begin using toothpaste with fluoride when the child is 2 years old. Use toothpaste with fluoride earlier if your child's doctor or dentist recommends it.

2. Use the right amount of fluoride toothpaste.

Fluoride is important for fighting cavities. But if children younger than 6 years old swallow too much fluoride, their permanent teeth may have white spots. To keep this from happening, use only a small amount of toothpaste (about the size of a pea). Teach your child to spit out the toothpaste and to rinse well after brushing.

3. Supervise brushing.

Brush your child's teeth twice a day until your child has the skill to handle the toothbrush alone. Then continue to closely watch brushing to make sure the child is doing a thorough job and using only a small amount of toothpaste.

Floss

Ensure Flossing is a Daily Habit

Daily flossing (or other methods of interdental cleaning) removes plaque and food particles that cannot be reached by a toothbrush, particularly under the gumline and between teeth. Failure to do so can allow for plaque buildup in these areas - which in turn can lead to tooth decay and gum disease.

How do I floss?

Floss once per day before or after brushing.

1. Use about 18 inches of dental floss wrapped around one of your middle fingers, with the other end wrapped around the opposite middle finger.
2. Hold the dental floss tightly between the thumbs and pointer finger and gently insert it between the teeth.
3. Curve the dental floss against the side of the tooth in a 'C' shape
4. Wipe the floss up and down against the tooth
5. Repeat on the next tooth with a fresh section of the floss until the whole mouth is complete



<http://www.adha.org/national-dental-hygiene-month>

Want to learn more about keeping your family's teeth healthy? Come join CHCGD Dentist Dr. Zigler for a stroll at Riverside Park on October 25th at 9AM, and bring your dental health questions!

Medicine on the Move
Walking Program
Chat with Your Doctor/Nurse Practitioner while Taking a Stroll

Improve Your Health and Get answers to your Questions

Saturdays 9:00 am - 10:00 am
Riverscape Park

Provider	Topic	Date
Dr. Lamb & Dr. Barnes-Larke	Immunizations	Aug. 23
Dr. Lee	Nutrition	Sept. 27
Dr. Zigler	Dental Hygiene	Oct. 25

RSVP to Patty Griswold - pgriswold@chcgd.org

Community Health Centers of Greater Dayton
937-528-6850, x2004

It's important for the whole family to visit the dentist every 6 months to keep smiles healthy! Call our new CHCGD Dental Center for an appointment at 937-528-6830!

Healthy Recipe Corner!

These are a modified version of monster cookies that you normally see filled with M&M's! Try looking for chocolate that is over 60% cacao! This means there is less sugar in the chocolate and more of its natural antioxidants! The peanut butter gives these protein, and the reduced amount of flour means less carbohydrates! The oats give you a good dose of filling fiber as well!



Monster Cookies

1 cup natural chunky peanut butter
1/2 cup sugar
2 large eggs
1 tsp vanilla extract
1/2 tsp salt
1 tsp baking soda
1 tsp baking powder
-1 cup rolled oats
1/2 cup dark chocolate chunks
1/2 cup raisins

- ~ Mix peanut butter, sugar, eggs, and vanilla together well.
- ~ Pour in the oats, salt, soda, and baking powder. Mix well.
- ~ Lastly, add in the chocolate and raisins and stir until combined!
- ~ Bake on a silpat, parchment paper, or aluminum foil. Bake at 325 for convection baking for 14-15 minutes. If you are not using convection baking, bake at 350 for 10-12 minutes or until browned.
- ~ This makes 10 large cookies or 12 medium sized ones!

Kelli Pitrone RD, LD