MOUNT OLIVE TOWNSHIP 18 71 BUDD LAKE • FLANDERS

February is National Children's Dental Health Month!

Public Health
Prevent. Promote. Protect.
The Township of Mount Olive Health Department

What is Dental Health?

Dental (Oral) Health is the health of your mouth and it has everything to do with your overall health as well. It can show signs of nutritional deficiencies, general infections and certain diseases. Systemic disease (a disease that affects or pertains to your entire body) can first become apparent because of lesions in the mouth, or other oral problems. According to the Academy of General Dentistry, more than 90 percent of all systemic diseases produce oral signs and symptoms.

What Are Some Consequences to Poor Dental Health?

One hundred million Americans fail to see a dentist each year and because of that, they place themselves in great risk of disease that ranges from mild to severe. Some of the serious conditions are:

1. **Cardiovascular Disease-** This happens when plaque buildup in your mouth is inflamed and causes that bacteria build-up to travel to the blood stream and to your arteries in the heart causing atherosclerosis (hardening of the arteries).
2. **Dementia-** built up bacteria from gingivitis can enter the brain through either the nerve channels in your head or through your bloodstream, which can lead to the development of Alzheimer's disease.
3. **Respiratory Infections-** Gum disease can cause infections in your lungs, including pneumonia. Think about what might happen breathing in bacteria from infected gums or teeth for a really long time?

Did You Know?...

It doesn't take much to clean your child's teeth. Until you're confident that your child can brush on his or her own, continue to brush your child's teeth twice a day with a child-size toothbrush. If your child is 3 or younger, use a smear of toothpaste (about the size of a grain of rice). For children 3 or older, a pea-sized amount of fluoride toothpaste will do.

Kids Toothpaste Tip:
0-3 years: grain of rice
3+ years: pea size
Mouth Healthy | ADA.

Kids need to floss too!
If two teeth touch, it's time to start flossing.
Mouth Healthy | ADA.

It doesn't matter if you clean between your child's teeth before or after they brush as long as you clean between any teeth that touch. You can use child-friendly plastic flossing tools to more easily clean between your child's teeth until your child learns to do it.

It's another milestone in a year of exciting firsts. Your child's first dental visit should take place after their first tooth appears, but no later than the first birthday. Why so early? As soon as your baby has teeth, they can get cavities.

First tooth or 1st birthday = first dental visit
Mouth Healthy | ADA.

How to Maintain Good Dental Health

You can practice good oral hygiene by:
- brushing your teeth twice a day with a fluoride toothpaste
- cleaning between your teeth once a day with floss
- replacing your toothbrush every 4 months
- eating a balanced diet
- schedule regular dental check-ups so you can keep your smile and yourself healthy

DO'S and DON'TS
BRUSH YOUR TEETH EVERY DAY
AVOID SMOKING TOBACCO
AVOID SWEET THINGS
AVOID CRUNCHING ON ICE
SEE YOUR DENTIST REGULARLY
AVOID IGNORING UNUSUAL IN YOUR MOUTH
DRINK WATER, BLACK & GREEN TEA
AVOID SLEEPING DISORDER
EAT FIBER-FILLED VEGETABLES AND FRUITS
AVOID UNDERESTIMATING YOURSELF
for DENTAL HEALTH

Remember, good oral hygiene education starts at home. Talk to your children about the importance of good oral health practices!

*Information from mouthhealthy.org
Call the Township of Mount Olive Health Department at 973-691-0900 ext. 7330

Created by the Township of Mount Olive Health Department.