

ORAL CARE AND YOUR HEALTH

Oral health can be linked to medical conditions such as cardiovascular disease, stroke, bacterial pneumonia as well as pregnant women delivering preterm and/or low birth weight infants. Periodontitis specifically was found to be linked to all of these medical conditions.

More research is needed, but it is believed that bacteria and inflammation caused by this advanced form of periodontal disease is what can play a role in these serious conditions. Other diseases like diabetes, blood disorders, HIV and AIDS are believed to make periodontitis more severe.

This does not mean that if a person has both periodontitis and one of the above medical conditions that one was caused by the other.

Dental health during pregnancy is especially important for the mom and infant. Due to the influx of hormones any dental problems may be exaggerated and as mentioned above periodontitis has been a found link between preterm and/or low birth weight infants.

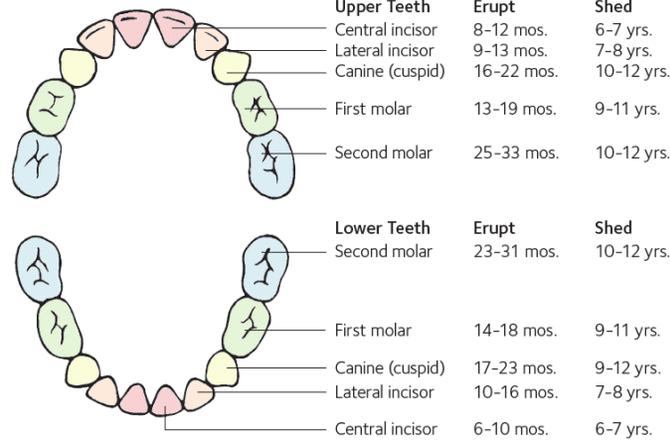
Brushing your teeth twice a day and flossing once a day is the best way to prevent dental diseases like periodontitis. Even with good oral hygiene, it is still important to visit the dentist for regular checkups and cleanings.

Make sure to notify your dentist should you notice any of the following:

- Updates on chronic or recent illness & diseases
- Gums that are swollen, red, painful, or bleeding
- Gums that appear to be separating from teeth
- Bad breath that doesn't go away
- Pockets of pus in mouth
- Loose teeth
- The way your teeth fit together when you bite down
- A change in the way dentures fit

To find a dentist near you visit findadentist.ada.org or ask to speak to our Referral Team

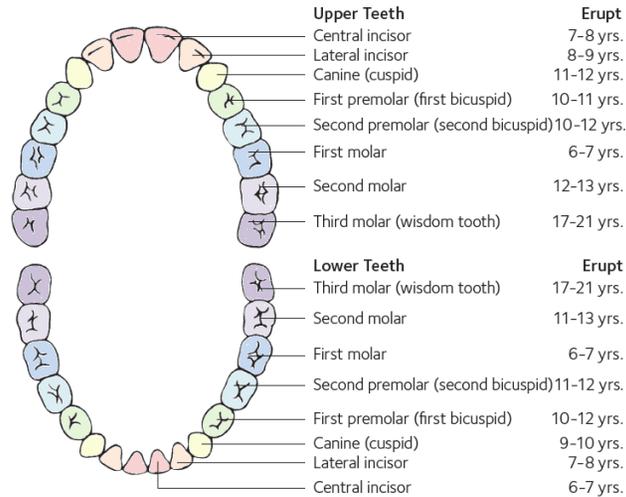
PRIMARY TOOTH ERUPTION (BABY TEETH)



Upper Teeth		
Central incisor	Erupt 8-12 mos.	Shed 6-7 yrs.
Lateral incisor	9-13 mos.	7-8 yrs.
Canine (cuspid)	16-22 mos.	10-12 yrs.
First molar	13-19 mos.	9-11 yrs.
Second molar	25-33 mos.	10-12 yrs.

Lower Teeth		
Second molar	Erupt 23-31 mos.	Shed 10-12 yrs.
First molar	14-18 mos.	9-11 yrs.
Canine (cuspid)	17-23 mos.	9-12 yrs.
Lateral incisor	10-16 mos.	7-8 yrs.
Central incisor	6-10 mos.	6-7 yrs.

PERMANENT TOOTH ERUPTION (ADULT TEETH)



Upper Teeth		Erupt
Central incisor		7-8 yrs.
Lateral incisor		8-9 yrs.
Canine (cuspid)		11-12 yrs.
First premolar (first bicuspid)		10-11 yrs.
Second premolar (second bicuspid)		10-12 yrs.
First molar		6-7 yrs.
Second molar		12-13 yrs.
Third molar (wisdom tooth)		17-21 yrs.

Lower Teeth		Erupt
Third molar (wisdom tooth)		17-21 yrs.
Second molar		11-13 yrs.
First molar		6-7 yrs.
Second premolar (second bicuspid)		11-12 yrs.
First premolar (first bicuspid)		10-12 yrs.
Canine (cuspid)		9-10 yrs.
Lateral incisor		7-8 yrs.
Central incisor		6-7 yrs.

RESOURCES

- [1] "Manual Tooth Brushing and Flossing Technique - Dental Care." - Dental Care, www.dentalcare.com/en-us/patient-education/patient-materials/manual-brushing-and-flossing.
- [2] "Fluoride Nature's cavity fighter." JADA, vol. 136, Dec. 2005, pp. 1783-1783., www.ada.org/-/media/ADA/Publications/Files/patient_57.pdf?la=en.
- [3] "Healthy mouth, healthy body." JADA, vol. 137, Apr. 2006, pp. 563-563., www.ada.org/-/media/ADA/Publications/Files/patient_61.pdf?la=en.
- [4] "Different Types of Toothbrushes - Which One is Right for You?" Henderson NV Dentist | Smile Shop Dental, 30 June 2017, smileshopdental.com/different-types-of-toothbrushes-which-one-is-right-for-you/.
- [5] www.mouthhealthy.org/-/media/MouthHealthy/Files/Kids_Section/ADAPrimaryToothDev_Eng.pdf?la=en.
- [6] www.mouthhealthy.org/-/media/MouthHealthy/Files/Kids_Section/ADAPermanentTeethDev_Eng.aspx?_ga=2.68468049.1994276447.1518707308-1610469306.1518707308

Dental Care



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HOW TO BRUSH

Follow these simple steps twice a day to help maintain a healthy mouth. It is ideal to brush in the morning and in the evening, after you are done consuming foods & beverages.

1. Spend approximately 30 seconds brushing each section of your mouth- upper right, upper left, lower right and lower left
2. When brushing the outer and inner surfaces of your teeth, hold the toothbrush at a 45 degree angle and be sure to get your gum line as well
3. When brushing the parts of your teeth used for chewing hold the toothbrush flat against those surfaces brushing back and forth
4. First start with 'front' of teeth-the surface visible when you smile
5. Next move to those chewing surfaces
6. The inside portion of your teeth are to be brushed next

For the inside of your front teeth you will have to hold the brush vertically moving in an up & down motion

7. Last step for brushing is to brush your tongue in a back to front motion



HOW TO FLOSS

Flossing is an important part of maintaining a healthy mouth. The following steps will guide you through how to properly floss once a day.

1. Start with about 18 inches of floss- you will need a clean section of floss for each tooth
2. With your thumb and pointer finger make the floss a C shape
3. Slide along the sides in between all teeth using a different section of floss each time
4. Be sure to get between the upper and lower back teeth as well



HELPFUL TIPS

- Most dentists recommend using a soft bristle toothbrush
- Toothbrushes should be replaced every 3 months
- Fluoride toothpaste is recommended by most dentists
- Use a stopwatch or clock to ensure your brushing for at least 2 minutes
- Use of other inter-dental cleaners such as floss picks can simplify this process but may not clean as well as regular floss

FLUORIDE

Fluoride is a naturally occurring mineral found in bodies of water. This mineral has been shown to reduce the occurrence of cavities in both children and adults. Not only does it reduce cavities but it also helps to repair tooth decay in its early stages.

Fluoride can be ingested or applied topically to receive its benefits.

A common way to ingest fluoride is in your water. Many communities have fluorinated water, but it also can be prescribed in form of tablets, drops, or lozenges if your doctor/dentist feels necessary. Prescription fluoride is typically only ordered for children 6 months to 16 years old who do not live in an area with fluorinated water. You can check if your community has fluorinated water by visiting the below website.

www.actionpa.org/fluoride/map

Topical fluoride comes in many forms. Water is considered to be topical as it can touch your teeth as you drink and rinse your mouth. Other common forms include mouthwash and toothpaste. It is also possible to have fluoride applied at a dental or doctor's appointment if appropriate. Ask your provider about this service now available here at Lebanon Valley Family Medicine.

While fluoride has great benefits, it is important to monitor children's ingestion of it. Studies have shown that higher-than-recommended levels of fluoride in young children can lead to discolored teeth. This specifically happens to the teeth while they are developing or have not erupted from the gums yet. It is recommended to use a pea-sized amount of fluoride toothpaste for children over 2 years old. Children under 2 years old should not use fluorinated toothpaste or other fluoride containing oral products unless instructed by their dentist or medical provider.

For more information on fluoride or other oral health topics visit www.ada.org.