



# Happy New Year!



## Dental Digest

January 2018 Volume 2, Issue 1

It's January 2018 the start of another year! With each new year also comes the time for those New Year's Resolutions! What better resolution could there be, following the holiday season, than restoring your teeth after the holiday binge? I'm sure we're not the only ones who had a few too many sweets this Christmas...

Here are a few dental resolutions to consider for your New Year's list!

### 1. Regular Dental Visits

This year could be the year you see the dentist as often as you should (twice a year). Get the year started out right with a routine dental visit. Schedule an appointment with us for dental x-rays and a cleaning.

Routine visits to the dentist can help prevent oral disease, reveal existing or potential problems or just give your teeth a fresh cleaning—your dentist can reach the plaque buildup you've been missing in your daily dental routine.

Not only can dental visits protect your oral health, they can save you a lot of money in the long run. Waiting for issues to arise could mean more extensive, and expensive, procedures in the future. Going to the dentist every six months can mean catching those problems sooner and receiving quick and less expensive solutions.

**Don't Forget! A New Year also means New Dental Benefits!**

### 2. Commit to Your Daily Dental Habits

We all get off track with our tooth-brushing habits at some point, particularly during the holiday season when we stray from our normal routine. Re-establishing and committing to your daily dental habits is a great resolution for the new year.

Remember, you should be:

- Brushing twice a day for two minutes at a time
- Flossing at least once a day
- Using mouthwash at least once a day





### **3. Watch Your Diet**

Dieting isn't just a New Year's resolution that's good for losing a few pounds! Diets that cut out or cut down on sweets and sugary beverages can be just as good for your dental health as it is for your overall health. To improve your diet so it is good for both your overall health and your dental health, make sure you're eating plenty of fruits and vegetables. You'll also want to work on taming that sweet tooth.

### **4. Quit Smoking**

It may be time to finally kick the habit. Smoking isn't just bad for your overall health; it's bad for your dental health, too. People who smoke double their risk for gum disease and increase their likelihood for tooth discoloration, cavities, gum recession, and throat, lung and oral cancer. These risks can also lead to tooth loss.

If you decide you want to quit this year, pick a date you're going to give it up, get rid of all tobacco products so you won't be tempted and ask family and friends to hold you accountable and help you stop smoking. You'll want their support.

There are several tools you can use to help you stop smoking—progress-tracking apps, the patch, smoking cessation groups, etc.

### **5. Drink More Water**

Just like with your diet, if you add more water into your diet, you'll see benefits to your dental health, as well as your overall health.

So this year, make a New Year's resolution to drink more water. You should be drinking at least 8 glasses of water a day. When you concentrate on meeting that goal everyday, it will be easy to get that water intake.

Not only will drinking more water help you eat better and consume less sugar; it will also help wash away bacteria left on your teeth throughout the day, which will result in a decreased risk for cavities and tooth decay.

### **6. Get Specific Dental Treatments**

Have you been putting off that tooth filling or root canal? Get it taken care of at the start of the year. The longer you wait, the worse it will get.

Schedule an appointment for that specific procedure or treatment. Worried about the cost? Talk to us about getting the most from your insurance or check into our SmileInvestments saving program if you and your family do not have dental insurance.

### **7. Quit the Habits that Are Bad for Your Teeth**

We've already mentioned smoking, but there are some other habits that are bad for your dental health that you can resolve to stop this year. They include:

- Nail biting
- Opening bottles with your teeth
- Playing sports without a mouthguard
- Chewing ice

Each of these can damage your teeth and cause a dental emergency. Resolve to quit these habits this year to protect your dental health.