



# JUNE

## Dental Digest

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## Got Calcium?

Everyone knows that a good source of calcium offers healthy bones and a strong set of pearly whites. Calcium also provides healthy muscles and a strong immune system. When it comes to health of the teeth it is especially important to keep your calcium levels at its peak. How much calcium, though, is needed to ensure teeth remain strong?

### Signs You Are Low in Calcium

If you are experiencing any of these symptoms, try increasing your level of calcium. If this doesn't help, also increasing your Vitamin D to increase calcium absorption.

- Muscle cramps and aches
- Tooth decay (cavities)
- Delay of initial tooth formation in infants
- Insomnia
- Fatigue
- Irregular menstruation or excessive bleeding
- Weak, brittle nails
- Frequent illness
- Late signs of puberty for adolescents
- Poor bone density

### So, How Much Calcium is Necessary?

It's important to mention the amount of calcium required for a healthy set of teeth varies from person to person. Age is an important factor to take into consideration. As mentioned, it's important to ensure one intakes enough Vitamin D to help absorb calcium in the first place.

Here are the levels of calcium necessary:

- Infants and toddlers (ages 1 to 3): 500 mg per day
- Children (ages 4 to 8): 800 mg per day
- Older children and teens (ages 9 to 18): 1,300 mg per day
- Adults (ages 19 to 50): 1,000 mg per day (includes pregnant/breastfeeding women)
- Older adults (ages 51 and up): 1,200 mg per day

## **What Happens if I Don't Receive the Required Amounts of Calcium? What Will it do for My Teeth?**

Not receiving the right amount of calcium can cause a lot of problems for you teeth in specific. Because 99% of the body's calcium is used for the teeth and bones, a lack of this substance can cause deterioration or weakening of these two important body parts.

As well as this, your risk of developing gum disease is heightened to a whopping 54% more likely when you don't receive enough calcium.

Those who intake at least 800 mg of calcium a day were less likely to develop gum disease than those who receive 500 mg or less of calcium.

As well as this, tooth decay is more likely to occur due to weak teeth.

This is especially harmful for infants and young children who are soon to develop their first set of teeth or are in the process of losing their initial teeth and developing their permanent pearly whites.

Delay in tooth formation can more than likely be solved with the appropriate intake of calcium.

## **What Foods Contain Good Amounts of Calcium?**

Before resorting to calcium supplements, often opting for more calcium enriched foods is key to ensuring your body receives the amount of calcium it needs for strong, healthy teeth.

Below are some great foods and drinks you should be consuming more of, especially if you suffer from lack of calcium:

- Dairy products (Milk, Cheese, Yogurt)
- Fortified Tofu
- Figs
- Edamame
- Fish ( with bones) especially types such as Sardines and Salmon
- Okra
- White beans
- Green Beans
- Almonds
- Green, leafy vegetables (broccoli, kale, collards, bok choy)
- Calcium-fortified juice
- Oranges

As you now know, when it comes to health of the teeth it is especially important to keep your calcium levels at its peak! A special "thank-you" this month to all of the dairy farmers in our area, past and present for working to provide these special foods that are so essential to the health of our community! May this year be filled with good weather and generous rewards! From all of us at Turman Dental, we appreciate all that you do!