

Better Health Through the Ages



Brushing

Infants Birth-18 months

Clean gums with a soft cloth until teeth begin to develop. At 4-7 months, teeth will begin to erupt. Start brushing your baby's teeth for two minutes, twice daily with a small amount of fluoride toothpaste.

Preschool 3-5 years

By age 3, a full set of 20 primary teeth will be in place. Brush with a small amount of fluoride toothpaste, twice daily.

School-age to adulthood

Brush for two minutes, twice daily with fluoride toothpaste.



Flossing

Infants Birth-18 months

Too early to start flossing.

Preschool 3-5 years

Help your child clean between their teeth with floss or a special brush.

School-age to adulthood

Floss once daily.



Cleaning and Exams

Infants Birth-18 months

Visit the dentist when the first tooth erupts, and no later than the first birthday.

Preschool 3-5 years

Be sure to take your child to the dentist once per year, or as often as the dentist recommends.

School-age to adulthood

Visit your dentist regularly and be sure to take advantage of preventive care, which may detect problems before they become complex, painful or costly.



Fluoride

Infants Birth-18 months

Use a small amount (pea-sized) of fluoride toothpaste to brush your child's teeth once they appear. Encourage drinking tap water instead of other sugary beverages.

School-age through teens 3-5 years

Higher-risk children and higher-risk teens should get two or more fluoride treatments each year.

Young adults to adulthood

Fluoride through your toothpaste and drinking water likely will be sufficient, but some higher-risk adults may need additional fluoride treatment.

 **Sealants****Infants through preschool**
Birth-5 years

Likely not needed, but consult with your dentist.

School-age through teens

Higher-risk children ages 6-9 should get sealants on their first molars and higher-risk children ages 10-14 should get sealants on their second molars. Higher-risk teens may require sealants.

Young adults to adulthood

Likely not needed, but consult your dentist.

 **Gum Disease****Infants**
Birth-18 months

Gum disease is often preventable. Avoid sharing eating utensils and bottles, and avoid “cleaning” your child’s pacifier with your mouth.

Preschool through teens
3-18 years

Frequent consumption of sugary foods and beverages can lead to cavities and gum disease. For children, teach them about how decay develops and model good oral health behavior. For teens, be sure to take care of preventive care and exams.

Young adults to adulthood

Gum disease can be prevented or easily treated if discovered early. Left untreated, it can lead to tissue, bone and tooth loss. Be sure to take advantage of preventive care and exams.

 **Complex Procedures****Infants through preschool**
Birth-5 years

Be sure to examine your child’s mouth for changes and share anything concerning with your dentist.

School-age through teens

Encourage kids participating in sports and other potentially dangerous activities to wear a mouth guard.

Young adults to adulthood

Visit your dentist regularly and be sure to take advantage of preventive care, which may detect problems before they become more complex, painful or costly. If you experience a change in your mouth, discuss it with your dentist.

 **Dry Mouth****Infants through young adults**

Likely not applicable, but consult with your dentist should you have concerns.

Through adulthood

Dry mouth is often a normal part of aging and may lead to an increase in cavities. Many medications have side effects that may include dry mouth.

 **Basics****Infants**
Birth-18 months

Choose tap water over sugary beverages and limit sugary foods. Pacifiers and thumb sucking can affect the placement of adult teeth, so have a plan to help your child give those up by age 2.

Preschool through young adults

Choose tap water over sugary beverages and limit sugary and starchy foods. Avoid smoking and chewing tobacco.

Through adulthood

Talk your dentist about health-related diagnoses you may be undergoing and medications you may be taking as part of treatment. Avoid smoking and chewing tobacco. Choose tap water over sugary beverages and limit sugary and starchy foods.

Learn more about how your oral health connects to your overall health at:
DeltaDentalMN.org

DDMN.9.14.18

© 2018 Delta Dental of Minnesota and its affiliates. All rights reserved.
Delta Dental of Minnesota is an authorized licensee of the Delta Dental Plans Association of Oak Brook, Illinois.



Delta Dental of Minnesota



Children's Oral Health

Basic habits are key to better oral and overall health.

Tips to help keep your child's teeth healthy!



What you do

Help your child to brush and floss each day until they can do it themselves. Encourage your child to wear a mouth guard during contact activities, and remember that children tend to follow by example: So be sure to reinforce positive behavior by modeling it yourself!



What you eat

Nutritious meals are not only healthy for children's growing bodies, but also for their teeth. Limit sugary beverages and prioritize fluoridated tap water for healthy teeth!

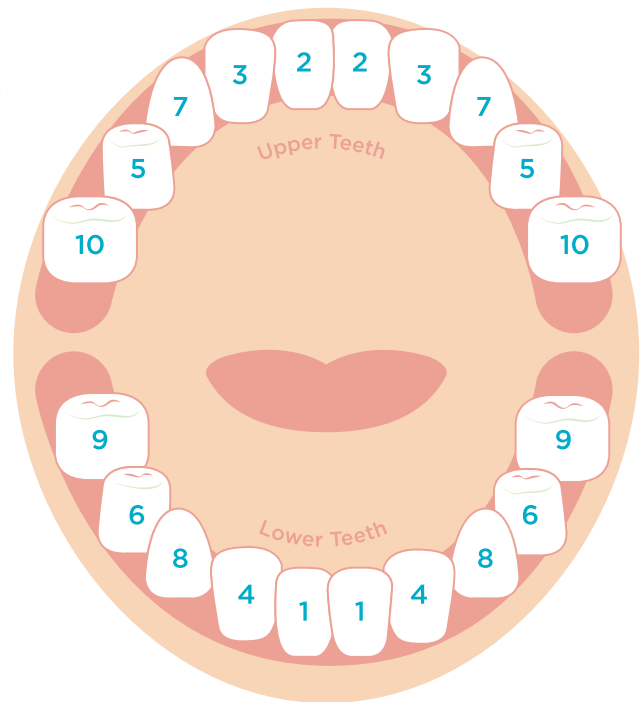


Preventive care

Preventive care is crucial to keeping a healthy mouth. Regular visits to the dentist for children often include preventive care, such as sealants and fluoride treatments, which protect kids' teeth from tooth decay and cavities. Most preventive care is covered by many basic dental insurance plans.

When can you expect your child's baby teeth to come in?

The image on the right denotes the order that baby teeth typically emerge.



Learn more about how your oral health connects to your overall health at: DeltaDentalMN.org



Dental Anxiety and Oral Health

Do you have dental anxiety?

You are not alone — 20 percent of people in the U.S. experience it.

What are the causes of dental anxiety?

- Fear of pain, needles or loss of control
- Fear resulting from past experiences
- A sensitive gag reflex
- Embarrassment over the condition of one's mouth

How could dental anxiety affect you?

- Limits preventive care visits
- Stops you from seeking needed treatment
- Leads to dental pain, tooth decay, gum disease or tooth loss
- Causes stress in other parts of your body due to infection
- Impacts your overall health



Tips to help:

Speak with your dentist. They are there to help you. See if any of the dentists practicing in your area specialize in treating anxious patients. Discuss your fears and potential solutions.

Possible recommendations: Practice relaxation techniques, bring a friend along to your visits and take breaks during the appointment. A good night's rest can also help to reduce fear or anxiety. Make sure you schedule visits when you aren't rushed and try to schedule shorter appointments.

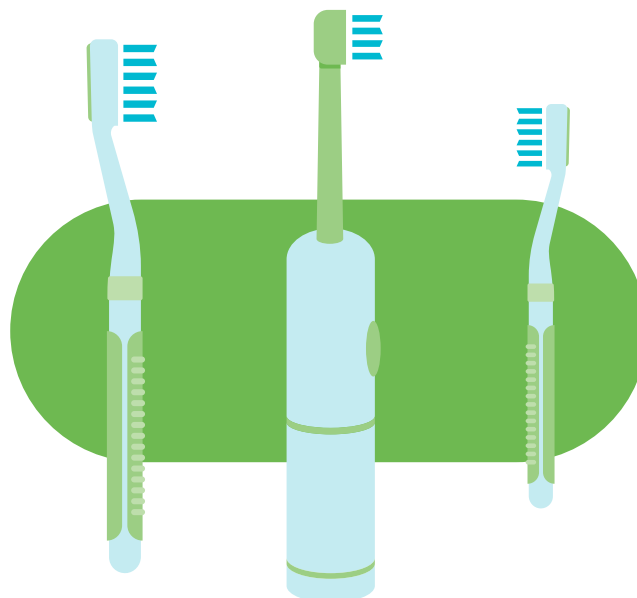
Learn more about how your oral health connects to your overall health at:
DeltaDentalMN.org



Facts About Your Toothbrush

Keeping your toothbrush clean

- 1. Don't share your toothbrush.**
Bacteria in your mouth can be passed between users of a toothbrush, placing the people involved at higher risk of infections.
- 2. Rinse your toothbrush with tap water after use.**
Remove any remaining toothpaste and debris from your brush.
- 3. Store your toothbrush in an upright position.**
Allow the brush to air dry until it's used again. If more than one brush is in the same container or area, keep them separated to avoid cross-contamination.
- 4. Don't cover your toothbrush or store it in a closed container.**
This creates a moist environment that is more conducive to the growth of bacteria.



Types of toothbrushes

Manual Toothbrushes

Always look for toothbrushes with soft bristles. Hard-and medium-bristled toothbrushes are often too abrasive to the gum tissue.

Electric Toothbrushes

Consider the “action” of the brush- for example, spinning action versus sonic wave technology. Ask your dental hygienist what they recommend for your unique teeth and mouth.

Children's Toothbrushes

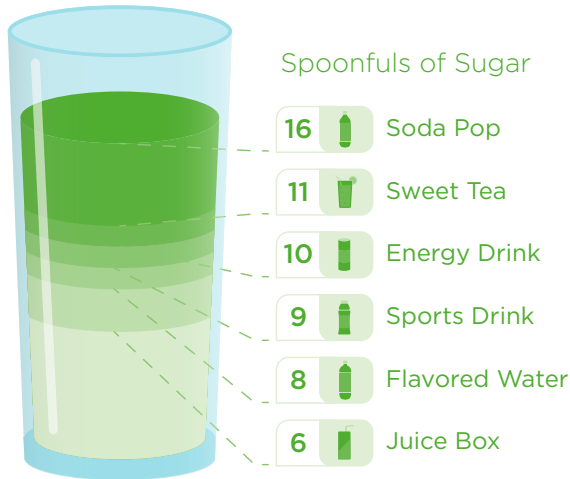
Begin brushing your child's teeth when the first tooth appears in the mouth. You can use a baby toothbrush or a washcloth to clean the teeth and gums. Help your child brush, in the beginning children typically need help brushing until they have the manual dexterity to tie their shoes.

The Power of Smile™

Learn more about how your oral health connects to your overall health at:
DeltaDentalMN.org



How Much Sugar Is In My Drink?



The bacteria in our mouths eat sugar, just like humans do.

- When bacteria eat sugar, they produce acid as a waste product.
- This acid causes tooth decay.
- Limit the exposure of sugar to teeth. Each time sugar is introduced to the mouth, teeth are under an “acid attack” for 20 minutes.

A few tips to limit sugar exposure to teeth:

- Drink with a straw. This helps liquid go to the back of your mouth and miss your teeth.
- Enjoy sugary drinks during meal times: Food helps to buffer acid, and the act of eating helps to naturally clean the teeth.
- Drink sugary drinks in one sitting rather than sipping throughout the day.
- Swish with water after drinking a sugary beverage.

Learn more about how your oral health connects to your overall health at:
DeltaDentalMN.org



Keeping Gums Healthy

Gum disease is one of the most widespread diseases affecting adults.

Gum disease, also known as periodontal disease, is a chronic bacterial infection that affects the gums and bone that support your teeth. Gum disease is fairly painless until an advanced stage and is one of the most widespread diseases affecting adults. Gum disease can be prevented or easily treated if discovered early; but, left untreated, can lead to tissue, bone and tooth loss.

Numerous studies also suggest that gum disease may be associated with more serious health problems such as diabetes, heart disease and stroke.

Prevent oral health problems today and save big in the years to come.

Here's How:



Brush for 2 minutes,
twice daily



Floss your teeth
every day



Drink water with
fluoride



Eat healthy foods



See your dentist
regularly



Utilize
preventive care

**Learn more about how your oral health
connects to your overall health at:
DeltaDentalMN.org**

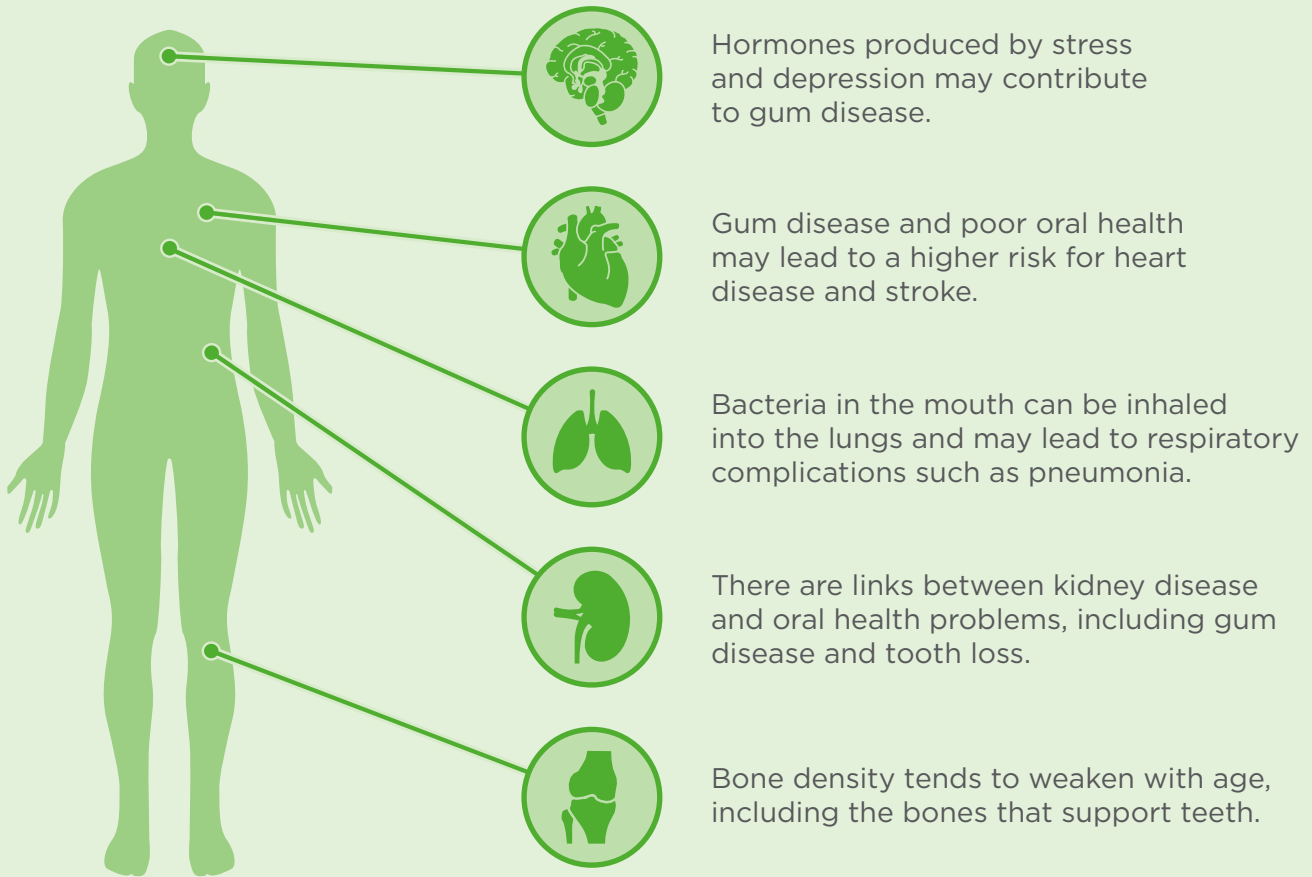
© 2018 Delta Dental of Minnesota and its affiliates. All rights reserved.
Delta Dental of Minnesota is an authorized licensee of the Delta Dental
Plans Association of Oak Brook, Illinois.
DDMN.9.14.18

Oral Health is Connected to Overall Health



The health of our teeth, gums and mouth are connected to our overall health. By utilizing your preventive benefits, your dentist can catch oral health problems before they become potentially painful or costly. Your dentist can also check for early signs and symptoms that may be linked to certain health conditions.

Did you know that more than 120 medical conditions can be detected by signs and symptoms in the mouth?



Diabetic patients are more likely to have gum disease. Non-diabetic patients with poor oral health may be more susceptible to developing diabetes.



Oral cancer can develop and easily spread throughout the body, so early detection is important.

Learn more about how your oral health connects to your overall health at:
DeltaDentalMN.org

DDMN.9.14.18

© 2018 Delta Dental of Minnesota and its affiliates. All rights reserved.
Delta Dental of Minnesota is an authorized licensee of the Delta Dental Plans Association of Oak Brook, Illinois.



Your Child's First Dental Visit

First Dental Visit

Most American children don't see their family dentist until they are well over 2 years old, far later than is recommended by both dental and medical professionals.

The American Academy of Pediatric Dentistry (AAPD) recommends that a child go to the dentist by age 1 or within six months after the first tooth erupts. Primary teeth typically begin growing in around 6 months of age.



A child's first dental appointment is a milestone.



Here are some things you can do to make sure your child's first dental visit is a good one:

1. Find the right provider
2. Play up the first visit
3. Know your child's limit and respect it
4. Celebrate

Learn more about how your oral health connects to your overall health at: DeltaDentalMN.org

DDMN.9.14.18

© 2018 Delta Dental of Minnesota and its affiliates. All rights reserved. Delta Dental of Minnesota is an authorized licensee of the Delta Dental Plans Association of Oak Brook, Illinois.