

DidYouKnow

Excessive brushing does more harm than good? Brushing at an extreme level can brush the out-most layer of your tooth away- the enamel. Enamel serves a big role in your oral health by fighting tooth decay. For more on oral health, visit www.DeltaDentalNE.org.

DidYouKnow

More sugar does not mean more tooth decay? The determining factor is how long the sugar has been in contact with your tooth. Slow dissolving candies and soda are often in the mouth for longer periods of time increasing the amount of time teeth are exposed to acids. These acids are formed by bacteria from sugars. For more on oral health, visit www.DeltaDentalNE.org.

DidYouKnow

Poor oral health can affect your overall health? Your oral health can often offer clues about your overall health. A dentist can detect signs of disease including oral cancer, diabetes and anemia by just examining your mouth. For more on oral health, visit www.DeltaDentalNE.org.

DidYouKnow

Baby teeth DO matter? Baby teeth hold places in the mouth for adult teeth. If a baby tooth is lost too early, the permanent tooth can drift into the empty space, making it difficult for the adult teeth to find room. For more on oral health, visit www.DeltaDentalNE.org.

DidYouKnow

You should wait 30 minutes after eating before brushing your teeth? If you brush too early, you're coating your teeth with acid left from the food, which weakens the enamel. For more on oral health, visit www.DeltaDentalNE.org.

DidYouKnow

White teeth aren't always healthy teeth? Don't be fooled by the color, whitening products won't clean or improve your oral health. It's important to take care of your oral health by visiting the dentist, brushing your teeth two times a day for two minutes and flossing. For more on oral health, visit www.DeltaDentalNE.org.

DidYouKnow

There is a cure for sensitive teeth? Don't let your sensitivities hold you back, check in with your dentist to see which desensitizing toothpaste or alternative treatments can help you! For more on oral health, visit www.DeltaDentalNE.org.

DidYouKnow

Only a dental professional can diagnose a cavity? Tooth decay doesn't always have noticeable symptoms, especially in the early stages. Therefore, it's important for you to go to your regular dental checkups so no cavities are left untreated. For more on oral health, visit www.DeltaDentalNE.org.

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DidYouKnow

Dry mouth causes cavities? This is the most common cause of cavities amongst older adults. This typically happens after taking medications. Remember to tell your dentist what medications you are on to help avoid dry mouth. For more on oral health, visit www.DeltaDentalNE.org.

DidYouKnow

A manual toothbrush cleans as effectively as an electric toothbrush? However, if you have a condition that limits the movement in your hands such as arthritis, you may not be cleaning as effectively. If this is the case, an electric toothbrush may be a good investment for your oral health instead of using a manual toothbrush. For more on oral health, visit www.DeltaDentalNE.org.

DidYouKnow

According to studies, the first facial feature people notice is your smile? For more on oral health, visit www.DeltaDentalNE.org.

DidYouKnow

Your tongue has a unique print that is different from everyone else? For more on oral health, visit www.DeltaDentalNE.org.

DidYouKnow

The hardest substance in the human body is tooth enamel? For more on oral health, visit www.DeltaDentalNE.org.

DidYouKnow

Sigmund Freud smoked about 20 cigars a day and died from oral cancer in 1939? For more on oral health, visit www.DeltaDentalNE.org.

DidYouKnow

People who have periodontal disease are more likely to have heart disease? For more on oral health, visit www.DeltaDentalNE.org.

DidYouKnow

Oral cancer is the sixth most common cancer? Each year there are 30,000 cases of oral cancer, accounting for 8,000 deaths. For more on oral health, visit www.DeltaDentalNE.org.

DidYouKnow

Your dentist can tell if you're stressed? During dental examinations, dentists are able to detect symptoms of stress including bruxism (teeth grinding), temporomandibular disorders (TMD), mouth sores and gum disease. For more on oral health, visit www.DeltaDentalNE.org.

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