

dental health and wellness

Dental Health and Wellness: Your Smile's Comprehensive Guide

Are you ready to unlock the secret to a radiant, healthy smile that boosts your overall well-being? Your oral health isn't just about pearly whites; it's deeply intertwined with your overall health and wellness. This comprehensive guide dives deep into the world of dental health and wellness, offering practical tips, expert advice, and actionable steps to achieve a lifetime of healthy smiles. We'll explore everything from daily brushing techniques to the connection between oral hygiene and systemic diseases. Get ready to transform your smile and, in turn, your life!

Understanding the Deep Connection Between Oral and Overall Health

The link between dental health and wellness is stronger than you might think. Your mouth is a gateway to your body, and neglecting your oral health can have far-reaching consequences. Gum disease, for instance, has been linked to an increased risk of heart disease, stroke, and even diabetes. The bacteria in your mouth can enter your bloodstream, triggering inflammation throughout your body. This emphasizes the critical importance of proactive dental care. It's not just about avoiding cavities; it's about protecting your overall health.

The Pillars of Excellent Dental Health and Wellness

Achieving optimal dental health and wellness requires a multifaceted approach. It's not a one-size-fits-all solution but rather a personalized plan built on several key pillars:

1. Mastering the Art of Brushing and Flossing:

This might seem obvious, but the technique matters! Brush twice daily for at least two minutes each time, using a fluoride toothpaste and a soft-bristled brush. Angle your brush at a 45-degree angle to the gum line to effectively remove plaque. Flossing is equally crucial, reaching those tight spaces between your teeth where your toothbrush can't. Consider using an interdental brush if flossing proves difficult. Remember, proper technique is key to maximizing the effectiveness of your brushing and flossing.

2. The Power of Regular Dental Checkups and Cleanings:

Preventative care is paramount. Regular visits to your dentist for checkups and professional

cleanings are non-negotiable for maintaining optimal dental health and wellness. These visits allow your dentist to detect potential problems early on, when treatment is often simpler and less invasive. They'll also remove plaque and tartar buildup that you can't remove at home, preventing gum disease and cavities. Aim for at least two checkups a year.

3. Nutrition's Role in a Healthy Smile:

What you eat directly impacts your oral health. A balanced diet rich in fruits, vegetables, and whole grains provides essential nutrients for strong teeth and gums. Limit sugary drinks and snacks, as they contribute to tooth decay. Staying hydrated by drinking plenty of water helps wash away food particles and neutralize acids.

4. Quitting Smoking: A Game Changer for Oral Health:

Smoking significantly increases your risk of gum disease, oral cancer, and tooth loss. The chemicals in tobacco smoke irritate your gums, making them more susceptible to infection. Quitting smoking is one of the best things you can do for your overall health, including your oral health. Seek support if needed – your dentist can offer guidance and resources.

5. Addressing Underlying Medical Conditions:

Certain medical conditions and medications can impact your oral health. Individuals with diabetes, for instance, are at a higher risk of gum disease. If you have any underlying health conditions, discuss their potential impact on your oral health with your dentist and physician.

Beyond the Basics: Advanced Strategies for Optimal Dental Health and Wellness

Maintaining excellent dental health and wellness extends beyond the fundamentals. Consider these advanced strategies:

Choosing the Right Toothpaste and Mouthwash: Opt for fluoride toothpaste and a mouthwash that's right for your needs. Your dentist can recommend the best options for your specific oral health situation.

Using a Tongue Scraper: Removing bacteria from your tongue can significantly improve breath freshness and oral hygiene.

Protecting Your Teeth from Grinding (Bruxism): If you grind your teeth, a night guard can protect them from damage.

Addressing Sensitive Teeth: If you have sensitive teeth, talk to your dentist about desensitizing toothpaste or other treatments.

Regularly Replacing Your Toothbrush: Replace your toothbrush every three to four months,

or sooner if the bristles are frayed.

Conclusion

Achieving optimal dental health and wellness is an ongoing journey, not a destination. By prioritizing regular dental checkups, practicing excellent oral hygiene, making healthy lifestyle choices, and addressing any underlying medical conditions, you can significantly improve your smile and overall well-being. Remember, a healthy mouth contributes to a healthy you!

FAQs

1. How often should I replace my toothbrush? You should replace your toothbrush every 3-4 months, or sooner if the bristles become frayed.
1. What are the signs of gum disease? Signs of gum disease include bleeding gums, red or swollen gums, receding gums, persistent bad breath, and loose teeth.
1. Is it necessary to floss every day? Yes, daily flossing is crucial for removing plaque and food particles from between your teeth, where your toothbrush can't reach.
1. Can gum disease affect my overall health? Yes, studies have linked gum disease to an increased risk of heart disease, stroke, and diabetes.
1. How can I prevent cavities? Cavities are prevented by maintaining good oral hygiene, limiting sugary foods and drinks, and getting regular dental checkups and cleanings.

dental health and wellness: *Holistic Dental Care* Nadine Artemis, 2013-10-08 The essential guide to integrative dental health—safe, effective, and toxin-free steps to all-natural oral care and a vibrant, healthy smile Bestselling author Nadine Artemis reveals the 8 steps to successful self-dentistry *Holistic Dental Care* introduces simple, at-home dental techniques that anyone can do. With more than 50 full-color photos and illustrations, this book offers oral self-care strategies to address every dental concern—from everyday maintenance to bite and alignment, gum health to heavy metal detox. Bestselling author Nadine Artemis also shares the 8 Steps to Successful

Self-Dentistry, 8 holistic oral care guidelines. You'll also learn: The truth about toothpaste, toothbrushes, and mouthwash All-natural techniques for keeping your teeth healthy, clean, and strong Proper flossing for healthy gums What questions to ask your dentist—and when it's time to find a new one Pure, organic ways to prevent plaque, decay, inflammation, and bleeding gums The connection between tooth health and alkaline diets Offering an integrative approach to treat the real cause of your dental concerns—not just the symptoms—Holistic Dental Care helps bring your entire being back into balance and whole-body health, starting with all-natural biological dentistry and chemical-free oral care.

dental health and wellness: *It's All in Your Mouth* Dominik Nischwitz, 2020-03-18 The future of medicine—and the key to a healthier life—starts in your mouth American dentists are beginning to discover what some of their European counterparts have long understood: Many common chronic conditions—obesity, inflammation, stroke, diabetes, Alzheimer's, heart disease, and cancer, among others—often have their origins in the mouth. In a groundbreaking new work, German dentist Dr. Dominik Nischwitz presents the principles of biological dentistry along with emerging scientific research on the mouth's vital role in the body's microbiome—a key to whole body wellness. Challenging conventional dental wisdom that views the teeth as separate from the rest of the body, and conventional dental practices that often cause more harm than good, *It's All in Your Mouth* delivers: The latest research on the microbiome and the mouth Critical information on the dangers of root canals and amalgam fillings The important role of nutrition in oral health and hygiene A clarion call for a new approach to dentistry Sensible, holistic, and humane, *It's All in Your Mouth* offers a necessary new approach to natural immunity to chronic disease and integrating dental hygiene into whole body health.

dental health and wellness: *The Mouth-Body Connection* Gerald P. Curatola, Diane Reverand, 2017-06-20 Acclaimed oral health expert and wellness pioneer, Dr. Gerry Curatola, explores the bi-directional relationship between the health of your mouth and your body, and provides a groundbreaking program for creating a healthy mouth that will help maintain a healthy body. The mouth acts as mirror and a gateway and reflects what is happening in the rest of your body and the health of your mouth appears to have a profound impact on the rest of your body. Chronic, low-grade oral disease is a major source of inflammation throughout your body, which can sometimes result in serious systemic problems, including cardiovascular disease, type 2 diabetes, obesity, and premature birth. *The Mouth-Body Connection* educates the reader on the natural ecology of the mouth. The oral microbiome consists of communities of 20 billion microorganisms of more than six hundred types-keeping these communities balanced is the key to well-being. Dr. Curatola's program, thirty years in the making, helps to restore microbiome balance and reduce health-destroying inflammation. The Curatola Care Program fosters a healthy oral microbiome by means of diet, supplements, exercise, and stress reduction. Four weeks of meal plans and fifty delicious recipes will convince you that eating for balance can be a treat. There are supplement schedules for each stage, two high-intensity band workouts that take only 15 minutes twice a week, relaxation techniques, and yoga postures to fight inflammation. In just four weeks, you will reboot your body and begin to take control of your health. Best of all, your brilliant smile will prove that you have never felt better.

dental health and wellness: *The U.S. Oral Health Workforce in the Coming Decade* Institute of Medicine, Board on Health Care Services, 2009-11-24 Access to oral health services is a problem for all segments of the U.S. population, and especially problematic for vulnerable populations, such as rural and underserved populations. The many challenges to improving access to oral health services include the lack of coordination and integration among the oral health, public health, and medical health care systems; misaligned payment and education systems that focus on the treatment of dental disease rather than prevention; the lack of a robust evidence base for many dental procedures and workforce models; and regulatory barriers that prevent the exploration of alternative models of care. This volume, the summary of a three-day workshop, evaluates the sufficiency of the U.S. oral health workforce to consider three key questions: What is the current status of access to oral health services for the U.S. population? What workforce strategies hold

promise to improve access to oral health services? How can policy makers, state and federal governments, and oral health care providers and practitioners improve the regulations and structure of the oral health care system to improve access to oral health services?

dental health and wellness: If Your Mouth Could Talk Kami Hoss, 2022-04-05 USA TODAY AND WALL STREET JOURNAL BESTSELLER You've heard the advice: If you want to live longer, eat healthy foods and exercise daily. But there's a third piece of the puzzle, and it can add 10 to 15 years to your life. It's been right under your nose this whole time—literally. Your mouth is the gateway to your body and is the most critical organ for improving your health, from childhood onward. Everything in the human life cycle is related to the mouth: fertility, childbirth, sleeping soundly, success in school, finding a mate, getting a job, psychological well-being, avoiding chronic or systemic disease, and aging well. Your mouth is a window into the health of your body as a whole; from its microbiome to its structure, it impacts your physical and mental wellness in countless ways. Unfortunately, the mouth-body connection has been largely neglected by American medicine . . . until now. If Your Mouth Could Talk is the result of over 20 years of firsthand experience and research by renowned orthodontist and dentofacial orthopedist, Dr. Kami Hoss. In this groundbreaking work, Dr. Hoss connects the dots between oral health and whole-body health, offering a roadmap to a longer, more successful future for you and your family. This isn't a book about brushing and flossing—or any of the other standard advice you get from your dentist. Instead, you'll hear about how to protect your mouth's microbiome, the effect of diet, the relationship between oral structure and sleep problems, how to breathe better, and more. This is an in-depth guide for people who want to take control of their health to the fullest extent possible—who want to understand how their mouth contributes to their overall health and quality of life, and what they can do to better care for it. If your mouth could talk, it would tell you about the condition of your entire life. Time to start listening.

dental health and wellness: Holistic Dental Care Stephen A. Lawrence, 2018-09-08 Stephen A. Lawrence introduces readers to holistic dental care and its role in overall health. Most people America would like to maintain healthy teeth and gums during their lifetime. While conventional dental care still relies on outdated treatment methods, including the use of toxic elements such as mercury and fluoride, this is not the way dentistry must be practiced, and more and more patients are beginning to realize that there are safer, more effective ways to care for their teeth and gums. Holistic Dental Care: Your Mind, Body, and Spirit Guide to Optimal Health and a Beautiful Smile presents a positive, detailed, and easy-to-read argument for the benefits of a more open-minded, progressive, and integrative approach to dental care and overall health. Scientific studies suggest that our mind/body relationship, psychological function, physical activity, and the food we eat all affect us at biological levels, where our habits can alter our immune system and affect our physical, emotional, and spiritual health. When we get sick on any level, from an ordinary cold to a cavity or gum disease, it's usually because of some imbalance in our immune system, often triggered by chronic inflammation, oxidative stress, and toxins. Holistic dentistry addresses these issues by supporting a patient's comprehensive health. Holistic dentist Stephen A. Lawrence's new work introduces readers to safer, gentler, and more efficient way of treating their mouths and bodies, along with addressing their overall wellness. He offers a reader-friendly tour through how our body works, and approaches dental health through the lens of comprehensive wellness and summarizes current holistic dental healthcare ideas and products--to stop cavities and gum disease, rebuild teeth at home, and positively affect patients and those around them--as we strive to spread wellness worldwide. Considering the current explosion of green living all over America, the increased awareness of how toxins affect our health, and a rising interest in bettering our general quality of life through wellness and mindfulness, this work fills a gap in understanding how holistic dental health care can be part of an overall approach to healthier living now.

dental health and wellness: Nutrition and Oral Health Gerry McKenna, 2021-09-24 This book explores in depth the relationships between nutrition and oral health. Oral health is an integral part of general health across the life course, and this book examines nutritional and oral health

considerations from childhood through to old age, with particular attention focused on the consequences of demographic changes. Current knowledge on the consequences of poor diet for the development and integrity of the oral cavity, tooth loss, and the progression of oral diseases is thoroughly reviewed. Likewise, the importance of maintenance of a disease-free and functional dentition for nutritional well-being at all stages of life is explained. Evidence regarding the impact of oral rehabilitation on nutritional status is evaluated, and strategies for changing dietary behaviour in order to promote oral health are described. Nutrition and Oral Health will be an ideal source of information for all who are seeking a clearly written update on the subject.

dental health and wellness: Be Prepared, Not Scared - 12 Steps to Emergency

Preparedness Michelle Jorgensen, Dds, 2020-12-15 Have recent events left you feeling overwhelmed, worried and scared? Do you feel unprepared for what might come next? Get prepared, one step at a time. That is what this proven 12 step program is all about - preparing for short and long term emergencies, and making it something everyone can do. Dr. Michelle has used this program and information to help thousands of families gain confidence and security in facing the future. This book takes complicated preparedness topics and makes them simple and possible, even if you have limited time and resources. The program and book are designed to be completed over a 12 month period, however you can take it at your own pace as you are able. Checklists, instructions, explanations and links and recommendations are here to make preparing something you CAN do. Learn details and how-tos for Water and Food Storage, Growing Food and Cooking food in an emergency, Kits and plans for evacuation and Sheltering in Place, Communications, First Aid, Heat and Light and more. This is a complete guide to preparedness that every family needs on their shelf to face the coming years and events. Join Dr. Michelle as you make your way through 12 steps to preparing your family, life and home for the future.

dental health and wellness: Heal Up! Sanda Moldovan, 2018-09-20 How To Repair, Rebuild, And Renew Naturally Our healthcare system is inundated with antiquated methods for healing that promise to repair your body; however, not all remedies are created equal, and some can make many people sick, and even kill others. From toxic and potentially addictive prescription painkillers, such as opioids, to one-size fits all cures --unsubstantiated by reliable scientific research--you, the consumer, are left to navigate a confusing maze to determine your best treatment options. Heal Up! Seven Ways to Faster Healing and Optimum Health is Dr. Moldovan's prescription for discovering natural alternatives for what ails you, as well as preventative medicines. Internationally acclaimed periodontist and nutritionist Dr. Sanda Moldovan has developed seven vital ways to heal your body, which are derived from nature's own resources. From proper nutrition and hydration tips to using energy and meditation, Dr. Moldovan teaches you how to rely on Mother Nature as the ultimate comprehensive healer. Basic ingredients from elements found within our planet help you look and feel your best, from the inside out. Based on her extensive professional career in oral health and nutrition, Dr. Moldovan has compiled her vast knowledge and experiences to provide her patients and readers with trusted sources of authentic healing properties for our bodies. By embracing her antidotes to many traditional pharmaceuticals for relieving pain, fatigue, inflammation, and other maladies, you can regain control of your overall health. Heal Up! assembles all the ingredients you need to repair, rebuild, and renew your body by utilizing many of the Earth's free gifts as therapeutic agents. Heal Up! is Dr. Moldovan's preferred treatment plan for achieving a greater overall well-being.

dental health and wellness: Marketing for Health and Wellness Programs James Busbin, Donald Self, 2013-01-11 Learn useful strategies for marketing health and wellness programs. This important new book presents a cross-section of current research and commentary on wellness and prevention issues. The 17 authors--representing 11 different institutions--are some of the most active health care consultants in the academic community. They discuss studies for hospital based programs, workplace programs, and governmental and educational institutions. Important marketing concepts are used to segment the work into several sections. Included are chapters which help to define the actual product lines which should be grouped into wellness and prevention

programs, studies that define several important market segments, and chapters on channels of distribution. This timely volume concludes with an analysis of current research efforts and directions for future research. Marketing for Health and Wellness Programs is essential reading for hospital administrators, faculty physicians at teaching hospitals, public health professors, government health service administration employees, corporate managers and personnel administrators, insurance industry managers, independent health and wellness consultants, and staff members of health trade publications.

dental health and wellness: Age with Style Namrata Patel, 2018-11-13 Dentistry isn't just about teeth. Oral health is a huge piece of the jigsaw puzzle that can be the human body, especially when it comes to treating health issues and ailments. Dr. Nammy Patel makes light of this issue in *Age with Style: Your Guide to a Youthful Smile & Healthy Living* by introducing the field of functional, holistic dentistry, which replaces the old drill and fill dental treatment with actual, problem-solving methods that get to the underlying cause of any problem. With decades of experience, Dr. Patel hopes to inform you about the treatment options for any of your dental ailments. Her goal is to make sure you are chewing properly and that your teeth look good, feel good, and last a long time. In this book, you'll learn: The inflammatory response and how it affects your oral health, How to combat dental anxiety and fear, What problems you should be aware of at every stage in life, and creating a healthy oral environment for you and your children. You only have one life-why not make it the healthiest it can be? By reading this book, following Dr. Patel's knowledge, and taking care of your oral health, you are making sure the rest of your body lasts a lifetime. Book jacket.

dental health and wellness: The Dental Diet Steven Lin, 2019-02-05 A unique exploration of how dental health connects to holistic health, with a 40-day meal plan and long-lasting dietary guidelines that are easily integrable into everyday life Throughout the years, dental health has often been characterized as a reflection of our overall health, where bad oral health results from issues with other parts of our body. But what if we flipped the paradigm? What if we thought about dental health as the foundation for our physical health as a whole? Dr. Steven Lin, an experienced dentist and the world's first dental nutritionist, has analyzed our ancestral traditions, epigenetics, gut health, and the microbiome in order to develop food-based principles for a literal top-down holistic health approach. Merging dental and nutritional science, Dr. Lin lays out the dietary program that can help ensure you won't need dental fillings or cholesterol medications —and give you the resources to raise kids who develop naturally straight teeth. With our mouth as the gatekeeper of our gut, keeping our oral microbiome balanced will create a healthy body through a healthy mouth. Dr. Lin arms you with a 40-day meal plan, complete with the Dental Diet food pyramid, exercises for the mouth, recipes, and cooking techniques to help you easily and successfully implement his techniques into your everyday life. The tools to improve overall wellness levels and reverse disease are closer than we think—in our markets, in our pantries, and, most frequently, in our mouths.

dental health and wellness: Oral Health Literacy Institute of Medicine, Board on Population Health and Public Health Practice, Roundtable on Health Literacy, 2013-02-19 The Institute of Medicine (IOM) Roundtable on Health Literacy focuses on bringing together leaders from the federal government, foundations, health plans, associations, and private companies to address challenges facing health literacy practice and research and to identify approaches to promote health literacy in both the public and private sectors. The roundtable serves to educate the public, press, and policy makers regarding the issues of health literacy, sponsoring workshops to discuss approaches to resolve health literacy challenges. It also builds partnerships to move the field of health literacy forward by translating research findings into practical strategies for implementation. The Roundtable held a workshop March 29, 2012, to explore the field of oral health literacy. The workshop was organized by an independent planning committee in accordance with the procedures of the National Academy of Sciences. The planning group was composed of Sharon Barrett, Benard P. Dreyer, Alice M. Horowitz, Clarence Pearson, and Rima Rudd. The role of the workshop planning committee was limited to planning the workshop. Unlike a consensus committee report, a workshop

summary may not contain conclusions and recommendations, except as expressed by and attributed to individual presenters and participants. Therefore, the summary has been prepared by the workshop rapporteur as a factual summary of what occurred at the workshop.

dental health and wellness: *Gasp!* Michael Gelb, Howard Hindin, 2016-09-09 The Airway Centric(R) Model prevents Airway-Centered Disorders, Sleep-Disordered Breathing to maintain mental and physical health. Learn how to recognize and correct Airway-Centered Disorders, Sleep-Disordered Breathing. Gasp is about our airway, breathing and sleep. Problems can start at birth. Many premature babies are mouth breathers. A poorly structured and functioning airway leads to mouth breathing, snoring and sleep apnea; it can interfere with restorative sleep and ultimately damage the part of the brain called the prefrontal cortex, which controls executive function skills, attentiveness, anxiety and depression. Learn how to restore an ideal airway with early intervention, and where to go for help. Learn how once the airway is established with breastfeeding, allergy treatment, and other methods, neurocognitive and neurobehavioral problems are greatly improved-often without any medication. Anxiety and depression are alleviated, and the behavior and performance of children are remarkably transformed. Today there is a health movement toward Wellness. Wellness is about diet and nutrition, exercise, and mental attitude. The new paradigm is called Functional Medicine. It addresses the causes of chronic disease with an individualized approach and emphasizes early intervention. It restores the balance amongst functional systems and the networks that connect them. The missing link is airway, breathing, and sleep. If we don't breathe well when we sleep, 1/3 of our life is affected. Gasp describes the impact of a narrowed airway from cradle to grave. Every day, we encounter fatigued patients with chronic headaches and neck pain. They have difficulty concentrating; they suffer with GI problems from acid reflux to irritable bowel syndrome. They range from thin women to men who have put on a few pounds. And you do not have to be obese to have an airway problem. Many of our younger patients with ADHD and airway issues have little body fat. Time after time we see that once the airway is opened during the day and maintained during sleep, the transformation is quick and dramatic. Breathing is life.

dental health and wellness: *Oral Health in America* , 2000

dental health and wellness: *Healthy Mouth, Healthy You!* Michelle Coles Jorgensen Dds, Michelle Jorgensen, 2019-01-07 An honest and open-minded guide to whole-body-health written by a dentist that has been where you are. Dr. Michelle Jorgensen, DDS, nearly lost her health and career due to problems in modern conventional dentistry. This sent her on a quest to find the materials and procedures in dentistry that are dangerous to health, and how to prevent problems as well as heal from disease. After years of in-the-trenches work, she has created a simple to read, easy to understand guide to Whole Body Wellness. You will learn that whole body wellness begins in the mouth. She shares new research that shows dental health is the cause or a contributor to 60-80% of all chronic disease. She also teaches how to never have a cavity again, how to eat for dental and overall health, and how to care for your teeth once a day, the right way. If you have been frustrated with conventional dentistry and the drill and fill...and bill method of treatment, this book will be a breath of fresh air for you. Dr. Jorgensen also shares openly about the problems in dentistry today, how they are impacting your health, and what you can do to get out of the mess you are in. Avoiding internet hype about dental health, she gives straight forward advice, backed by the latest research, in a simple to use format. *Healthy Mouth, Healthy YOU* highlights: -Understanding what causes cavities and how to avoid them-How to clean your mouth, Once a Day, the Right way-Which cavities can be healed and how to do it-What dangers lurk beneath root canals and mercury fillings-A clear picture of the devastating affects of unchecked gum disease-How to eat for better mouth and overall health-Why teenagers and pregnant women get more cavities and what to do about it-And more...

dental health and wellness: *The Surgeon General's Call to Action to Improve the Health and Wellness of Persons with Disabilities* United States. Public Health Service. Office of the Surgeon General, 2005

dental health and wellness: *Refresh Life* Dr. Dan Sindelar, 2011-03-21 Your total health

depends on the state of your oral health. Thanks to media coverage, we know this, but how well do we really understand the significance of the recent discoveries of medical research? The connection between gum disease and cardiovascular disease, stroke, diabetes, or Alzheimer's is now uncomfortably clear. A true Missouri native, Dr. Sindelar was born and raised in St. Louis, and has served the people of this area with excellent dental care since taking the reins of Sindelar Dental in 1981. In *Refresh Life*, Dr. Dan Sindelar opens a door to your health, showing you why it is so crucial to care for your teeth and gums, and how to go about refreshing your whole life by simply taking better care of your mouth. Add ten years to your life by reading this book. www.refreshrightnow.com

dental health and wellness: *Keys to a Healthy Smile After 40* Dr Justene Doan Dds, Justene Doan, Dr Janice Doan Dds, Janice Doan, 2018-04-28 *Keys to a Healthy Smile After 40* shatters the myth that plastic surgery is the best way to rejuvenate your face. The truth is-the best way to rejuvenate your face is to have a healthy smile. Most people have no clue that they can prevent disease and reverse aging through proper dental care. It's not their fault-no one has taken the time to explain the truth. Until now. Drs. Justene & Janice Doan reveal why you need different dental care after age 40. They share 7 secrets to feeling 7 years younger. You can become healthier, more confident, and more attractive. It's not too late to turn back the clock and regain a beautiful, youthful smile! You will learn: * Why bone loss jeopardizes your health, self-confidence, and beauty * How throat cancer can be detected in 3 minutes and save your life * Why your smile gradually fades as you age, and what to do about it now * The surprising link between your smile and your income * and much more! Discover the 7 keys to reclaiming your health, beauty, and your beautiful smile.

dental health and wellness: *Mouth Care Comes Clean* Ellie Phillips DDS, 2018-12-04 Enjoy the Mouth Health You Deserve! Dr. Ellie challenges the traditional dental mantra that tells us to "brush and floss" because she believes it is dangerous advice and ineffective in light of our understanding that cavities and gum disease are bacterial infections. Oral health depends on the development of a bacterial balance in the mouth, and this cannot be achieved with a length of floss, by over-zealous cleaning, or indiscriminate killing of mouth bacteria. Our mouth ecology develops early in life as bacteria transfer between parents and their babies. This exchange is important and continues throughout life as family and friends kiss, talk, or simply share food. Today we know that harmful mouth bacteria can impact our general health and that some are implicated in chronic inflammatory conditions. A healthy mouth will give you a brighter smile and provide special protection from cavities, gum disease, bad breath, sensitivity, and enamel erosion to ultimately limit your need for dental treatments—including cleanings, fillings, sealants, root canals, crowns, implants, and extractions. In this groundbreaking book, Dr. Ellie shares her easy-to-follow strategies that put oral health under your control. She reveals how to: • Stop and reverse cavities and gum disease • Use diet and digestive health to influence saliva quality and promote tooth and gum healing • Enjoy xylitol to control acidic damage and sensitivity • End the discomfort of dry mouth and gum recession • Avoid damage caused by flossing • Evaluate sealants and their potential dangers • Learn the dangers of artificial whitening and how to naturally whiten your teeth *Mouth Care Comes Clean* can empower you and lead you to a new level of oral health. The strategies are simple but they can miraculously transform mouth health.

dental health and wellness: *Comprehensive Esthetic Dentistry* Florin Lăzărescu, 2019-09-16 Nothing can replace the sense of professional fulfillment and personal reward that comes from successfully restoring a patient's smile. This book, which serves as a complete primer on esthetic dentistry, is aimed at that precise reward. Informed by the latest scientific research and clinical evidence, the authors provide readers with keen insight into the artistic aspects essential to achieving a truly esthetic outcome. Preliminary chapters cover esthetic analysis, effective treatment planning, use of digital dental photography, and the importance of interdisciplinary collaboration. Further chapters outline effective treatment protocols, including the principles of ultraconservative restoration, tooth whitening, anterior and posterior all-ceramic restorations, in-office CAD/CAM technology, implant placement and soft tissue management in the esthetic zone, and the usage of minimally invasive procedures. This book, in its extensive knowledge and passionate voice,

represents the union of function and beauty in dentistry, and in doing so, establishes itself as a comprehensive resource in the field of dental esthetics.

dental health and wellness: Dental Care Autumn Libal, 2014-09-02 Did you know that poor dental hygiene can increase your risk of heart attack and stroke? Or that the incidence of cavities and tooth decay increases in the teenage years? Did you know that countries with a higher standard of living (like the United States, Canada, and England) actually have higher rates of tooth loss and decay than countries with a lower standard of living? Or that dental drills existed for thousands of years before people even had electricity? Dental hygiene is extremely important to both your physical and emotional health. Your teeth are an integral part of many important activities, such as eating, speaking, and smiling. From the Mayan practice of inlaying semi-precious stones into teeth to today's practices of braces and high-tech dental care, this book covers a wide range of dental topics. It will tell you how dental care has developed throughout the ages and will introduce you to some of today's most cutting-edge technologies. Most important, it will guide you through everything you need to know about caring for your teeth and maintaining a beautiful smile today and into the future.

dental health and wellness: *Black Women's Health* Michele Tracy Berger, 2021-04-06 This book explores the meaning and practice of health in the lives of southern African American women and their adolescent daughters--

dental health and wellness: *Sugar Bugs* Erica Weisz, Sam Weisz, 2015-02-20 With its light-hearted, engaging illustrations and dental friendly language, this book is a perfect introduction for children to discover the importance of taking care of their teeth. Follow Robbie as he befriends a sugar bug family, the Mutans, who move into his mouth. The Mutans love the sweets that Robbie eats for breakfast, lunch, and dinner. But as the Mutans eat more and more of the junk food he never brushes away, Robbie sees that the Mutans aren't such great friends after all. When Robbie starts to feel changes in his mouth, his parents decide it's time to see the dentist to fix his sugar bug problem. At the dentist's office, Robbie discovers the amazing instruments used to clean teeth and the three rules to stop another family like the Mutans from moving into his mouth.

dental health and wellness: **Successful Self-Dentistry** Nadine Artemis, 2011-09-01

dental health and wellness: Pregnancy and Oral Health Sheila Wolf, 2004 Four out of five Americans, and a similar proportion of people around the world, suffer from gum disease. In addition to increasing the risks of heart attack, stroke, diabetic complications and other life-threatening health problems, gum infections pose a particular risk to mothers-to-be. Pregnant women with severe gum infections are seven times more likely to have a premature or low birth weight baby, prone to serious illness and even death. Of the four million babies born each year in the US, more than 460,000 are born too early or too small. Drawing on more than thirty years' experience as a dental hygienist at the forefront of non-surgical periodontal care, Sheila is bringing a crucial message to expectant mothers. *Pregnancy and Oral Health* contains vital information and a simple, anti-bacterial self-care program that safeguards mother and baby against the dangerous consequences of oral infections, succeeding where the outdated methods of traditional dentistry fail.

dental health and wellness: **Dental Hygiene - E-Book** Margaret Walsh, Michele Leonardi Darby, 2014-04-15 Emphasizing evidence-based research and clinical competencies, *Dental Hygiene: Theory and Practice*, 4th Edition, provides easy-to-understand coverage of the dental hygienist's roles and responsibilities in today's practice. It offers a clear approach to science and theory, a step-by-step guide to core dental hygiene procedures, and realistic scenarios to help you develop skills in decision-making. New chapters and content focus on evidence-based practice, palliative care, professional issues, and the electronic health record. Written by Michele Leonardi Darby, Margaret M. Walsh, and a veritable Who's Who of expert contributors, *Dental Hygiene* follows the Human Needs Conceptual Model with a focus on client-centered care that takes the entire person into consideration. UNIQUE! Human Needs Conceptual Model framework follows Maslow's human needs theory, helping hygienists treat the whole patient — not just specific diseases. Comprehensive coverage addresses the need-to-know issues in dental hygiene — from the rationale behind the need

for dental hygiene care through assessment, diagnosis, care planning, implementation, pain and anxiety control, the care of individuals with special needs, and practice management. Step-by-step procedure boxes list the equipment required and the steps involved in performing key procedures. Rationales for the steps are provided in printable PDFs online. Critical Thinking exercises and Scenario boxes encourage application and problem solving, and help prepare students for the case-based portion of the NBDHE. Client Education boxes list teaching points that the dental hygienist may use to educate clients on at-home daily oral health care. High-quality and robust art program includes full-color illustrations and clinical photographs as well as radiographs to show anatomy, complex clinical procedures, and modern equipment. Legal, Ethical, and Safety Issues boxes address issues related to risk prevention and management. Expert authors Michele Darby and Margaret Walsh lead a team of international contributors consisting of leading dental hygiene instructors, researchers, and practitioners. NEW chapters on evidence-based practice, the development of a professional portfolio, and palliative care provide research-based findings and practical application of topics of interest in modern dental hygiene care. NEW content addresses the latest research and best practices in attaining clinical competency, including nutrition and community health guidelines, nonsurgical periodontal therapy, digital imaging, local anesthesia administration, pharmacology, infection control, and the use of the electronic health record (EHR) within dental hygiene practice. NEW photographs and illustrations show new guidelines and equipment, as well as emerging issues and trends. NEW! Companion product includes more than 50 dental hygiene procedures videos in areas such as periodontal instrumentation, local anesthesia administration, dental materials manipulation, common preventive care, and more. Sold separately.

dental health and wellness: Cure Tooth Decay Ramiel Nagel, 2012-02 Forget about drilling, filling, and the inevitable billing. Your teeth can heal naturally because they were never designed to decay in the first place! They were designed to remain strong and healthy for your entire life. But the false promises of conventional dentistry have led us down the wrong path, leading to invasive surgical treatments that include fillings, crowns, root canals and dental implants. Now there is a natural way to take control of your dental health by changing the food that you eat. Cure Tooth Decay is based upon the pioneering nutritional program of dentist Weston Price, former head of research at the National Dental Association. Dr. Price's program proved to be 90-95% or more effective in remineralizing tooth cavities utilizing only nutritional improvements in the diet. Cure Tooth Decay is the result of five years of research and trial and error that started as one father's journey to cure his daughter's rapidly progressing tooth decay. With Cure Tooth Decay you will join the thousands of people who have learned how to remineralize teeth, eliminate tooth pain or sensitivity, avoid root canals, stop cavities -- sometimes instantaneously, regrow secondary dentin, form new tooth enamel, avoid or minimize gum loss, heal and repair tooth infections, only use dental treatments when medically necessary, save your mouth (and your pocketbook) from thousands of dollars of unneeded dental procedures, and increase your overall health and vitality.

dental health and wellness: CDT 2020 American Dental Association, 2019-08-26 Get paid faster and keep more detailed patient records with CDT 2020: Dental Procedure Codes. New and revised codes fill in the coding gaps, which leads to quicker reimbursements and more accurate record keeping. CDT 2020 is the most up-to-date coding resource and the only HIPAA-recognized code set for dentistry. 2020 code changes include: 37 new codes, 5 revised codes, and 6 deleted codes. The new and revised codes reinforce the connection between oral health and overall health, help with assessing a patient's health via measurement of salivary flow, and assist with case management of patients with special healthcare needs. Codes are organized into 12 categories of service with full color charts and diagrams throughout, in spiral bound format for easy searching. Includes a chapter on ICD-10-CM codes. CDT 2020 codes go into effect on January 1, 2020 - don't risk rejected claims by using outdated codes.

dental health and wellness: Teeth Mary Otto, 2017-03-14 An NPR Best Book of 2017 [Teeth is] . . . more than an exploration of a two-tiered system—it is a call for sweeping, radical change. —New York Times Book Review Show me your teeth, the great naturalist Georges Cuvier is credited

with saying, and I will tell you who you are. In this shattering new work, veteran health journalist Mary Otto looks inside America's mouth, revealing unsettling truths about our unequal society. *Teeth* takes readers on a disturbing journey into America's silent epidemic of oral disease, exposing the hidden connections between tooth decay and stunted job prospects, low educational achievement, social mobility, and the troubling state of our public health. Otto's subjects include the pioneering dentist who made Shirley Temple and Judy Garland's teeth sparkle on the silver screen and helped create the all-American image of pearly whites; Deamonte Driver, the young Maryland boy whose tragic death from an abscessed tooth sparked congressional hearings; and a marketing guru who offers advice to dentists on how to push new and expensive treatments and how to keep Medicaid patients at bay. In one of its most disturbing findings, *Teeth* reveals that toothaches are not an occasional inconvenience, but rather a chronic reality for millions of people, including disproportionate numbers of the elderly and people of color. Many people, Otto reveals, resort to prayer to counteract the uniquely devastating effects of dental pain. Otto also goes back in time to understand the roots of our predicament in the history of dentistry, showing how it became separated from mainstream medicine, despite a century of growing evidence that oral health and general bodily health are closely related. Muckraking and paradigm-shifting, *Teeth* exposes for the first time the extent and meaning of our oral health crisis. It joins the small shelf of books that change the way we view society and ourselves—and will spark an urgent conversation about why our teeth matter.

dental health and wellness: *Whole Body Dentistry* Mark A. Breiner, 1999 Can your mouth be affecting your health? Discover dentistry's energetic and physical whole body connection.

dental health and wellness: *Interface Oral Health Science 2016* Keiichi Sasaki, Osamu Suzuki, Nobuhiro Takahashi, 2020-10-08 This volume broadens understanding of dentistry and promotes interdisciplinary research across a wide range of related fields, based on the symposium entitled Innovative Research for Biosis-Abiosis Intelligent Interface 2016. It aims to create highly functional and autonomic intelligent interface by combining highly functional interface science with the technology of an evaluation and a control at the interface, with the various topics of biomaterials, innovation for oral science and application, regenerative oral science, and medical engineering. Since 2002, the Tohoku University Graduate School of Dentistry has hosted Interface Oral Health Science several times as the main theme of dental research in the twenty-first century, and this is the sixth proceedings of the symposiums following the ones in 2005, 2007, 2009, 2011, and 2014. This book benefits not only dental scientists but also other health scientists including medical physicians and pharmacologists, material scientists, engineers, and any scientist who is involved in variety of disciplines. This work was published by Saint Philip Street Press pursuant to a Creative Commons license permitting commercial use. All rights not granted by the work's license are retained by the author or authors.

dental health and wellness: Health, Wellness & Longevity Steve Dimon, 2016-09-19

dental health and wellness: Darby & Walsh Dental Hygiene - E-Book Jennifer A Pieren, Cynthia Gadbury-Amyot, 2024-01-19 **Selected for Doody's Core Titles® 2024 with Essential Purchase designation in Dental Hygiene & Auxiliaries** Darby & Walsh Dental Hygiene: Theory and Practice, 6th Edition offers everything you need to succeed in your coursework and clinical and professional practice. No other dental hygiene foundational text incorporates clinical competencies, theory, and evidence-based practice in such an approachable way. All discussions — from foundational concepts to diagnosis to pain management — are presented within the context of a unique person-centered model that takes the entire person into consideration. A veritable who's-who of dental hygiene educators, practitioners, and researchers cite the latest studies throughout the text to provide a framework to help you in your decision-making and problem-solving. New to this edition is an increased focus on new and emerging technologies, enhanced coverage of infection control in the time of COVID-19, and new chapters on telehealth and teledentistry and mental health and self-care. - Focus on research and evidence-based practice offers insights from expert chapter authors (educators, practitioners, and researchers) from across the United States and beyond. -

Expansive art program features modern illustrations and updated clinical photos to visually reinforce key concepts. - Step-by-step procedure boxes highlight key points with accompanying illustrations, clinical photos, and rationales; online procedure videos are included with new text purchase. - Human Needs Conceptual Model/Oral Health Related Quality of Life frameworks, in which all discussions are presented within the context of a person-centered care model, take the entire person into consideration. - Learning aids in each chapter include professional development opportunities; learning competencies; patient education tips; critical thinking scenarios; and discussions of legal, ethical, and safety issues, which help your practical application and problem-solving skills and bring the profession to life. - NEW! Increased focus on new and emerging technologies keeps you up to date with the latest advances in the field. - NEW! Telehealth chapter explains how to practice telehealth and teledentistry in nontraditional and community-based settings. - NEW! Mental Health and Self-Care chapter provides timely content on safeguarding mental health and wellness for the practitioner and the patient. - UPDATED! Enhanced coverage of infection control prepares you to practice as a dental hygienist in the time of COVID-19 and potential future pandemic events. - UPDATED! Coverage of Caries Management by Risk Assessment (CAMBRA®) for integrating into the dental hygiene process of care. - EXPANDED! Further integration of the current American Academy of Periodontology periodontal classifications throughout the text. - Integration of theory throughout the book includes content on how to incorporate the use of theory in practice.

dental health and wellness: The Art of War on Dental Health Margaret McMillan, 2014-10-29 The mouth seems to be a simple organ when, in fact, it is the most vital organ in contact with the outside world. Quick to adapt to change and rapidly healed when injured, the mouth shows emotion, allows communication, aids in lovemaking, fights off bacterial and viral invasions, and feeds us giving us the energy needed to survive. It provides the passageway for food to nourish us and air to sustain us. Keeping the mouth healthy is a daily battle that can be won for a lifetime of good overall health, once you learn proper techniques to do so. In easy-to-understand detail, this book explains how these battles of the mouth can overcome the worst odds.

dental health and wellness: Healthier Together Liz Moody, 2019-04-09 A healthy cookbook to share with a partner, featuring more than 100 recipes designed to nourish your bodies and souls. An Epicurious Best Cookbook for Spring • “Healthier Together focuses on real whole foods and bringing community together.”—Kelly LeVeque, celebrity nutritionist and bestselling author of *Body Love* Food writer and health blogger Liz Moody once followed trendy diets and ate solely for fuel, not for flavor. That changed when she met her soon-to-be-boyfriend and they started cooking nutrient- and vegetable-rich meals. She not only fell in love with food again, but she also discovered that setting goals and sticking to them is easier and more gratifying when paired with someone else. Mincing garlic and sautéing onions together eventually led the couple to marriage—proving that good food really is the universal connector! These 100+ flavor-packed recipes are designed to be cooked and enjoyed by two people, plus they’re all gluten-free, dairy-free, and plant-centered. They include homemade alternatives for all the foods you love to share, such as brunch, takeout, and sweet treats. Indulge in Cardamom Banana Bread Pancakes with Candied Coffee Walnuts, Cornflake “Fried” Chicken, General Tso’s Cauliflower, and Chocolate Tahini Brownie Bites. Pick your partner—near or far—and get ready to get healthy. Praise for *Healthier Together* “This cookbook is one you’ll be reaching for time and time again when you need healthy food that is satisfying and delicious.”—Tieghan Gerard “Liz Moody offers heaps of tasty recipes packed with great ingredients.”—Real Simple “Healthier Together is a brilliant concept! Cooking with a friend/partner/mom is so much better than cooking alone, plus having a partner will keep you both accountable on your healthy eating journey.”—Gina Homolka “Liz does an amazing job helping you make delicious food in a way that is both feasible and fun.”—Rachel Mansfield “Liz’s book overflows with food made to share, healthy but with all the comfort and flavor that brings happy people around the table.”—Daphne Oz “Liz’s message is profound, yet so simple . . . you need to have both whole foods and whole, real relationships to truly be healthy and happy. This book makes eating healthy a

celebration, not a sacrifice, and it brings an arsenal of fresh and flavorful recipes that are fun to make and eat!"—Jeanine Donofrio

dental health and wellness: *Your Mouth - Your Life* Dds Mds Jean Jean-Pierre, Jean-Max Jean-Pierre, 2016-08-01 Warning: Your Oral Health Could Be Increasing Your Chances of Cancer, Stroke, Heart Disease, Diabetes and Other Inflammatory Diseases! Even if you brush, floss and rinse regularly! Inside Your Mouth - Your Life, Dr. Jean-Max Jean-Pierre guides you on a journey to discover the relationship between your oral health and your overall health, demonstrating the holistic priority of your oral health. Even if you think your mouth is in the best shape possible, you will be surprised to find out what you are missing and Dr. Jean-Pierre provides a wealth of evidence. The science cannot lie. According to a 2012 Centers for Disease Control study, in the USA, gum disease affects 56.4% of men, 38.4% of women, and 64.2% of smokers. He will show you the connection between oral health and the deadly diseases that negatively affect people every day such as heart disease, stroke, arthritis, irritable bowel syndrome, cancer and more. Going to the dentist twice a year and brushing your teeth a few times a day isn't enough. Dr. Jean-Pierre will walk you through the process to create an individualized oral health plan, one that is tailored for you, your body, your current conditions and your needs. Very few other books provide such in-depth walkthroughs. Inside you will discover: How to take control of your periodontal health Why seeking care of a periodontal specialist could save your life How to fight oral inflammation is key to increasing your expectancy Why twice a year dental visits just isn't enough If you're suffering from systemic disease, how others have improved their health and life How to reduce your chances of cancer, heart disease, diabetes and stroke And more! With so many fighting these diseases - and so many more at risk, you owe it to yourself to read this short book. Scroll up and hit the buy button now!

dental health and wellness: *Darby and Walsh Dental Hygiene E-Book* Jennifer A Pieren, Denise M. Bowen, 2019-03-04 Back and better than ever, Darby and Walsh's Dental Hygiene: Theory and Practice, 5th Edition offers everything you need to succeed in your coursework, at certification, and in clinical practice. No other dental hygiene text incorporates the clinical skills, theory, and evidence-based practice in such an approachable way. All discussions — from foundational concepts to diagnosis to pain management — are presented within the context of a unique patient-centered model that takes the entire person into consideration. New to this fifth edition is a much more streamlined approach — one that stays focused on need-to-know information, yet also houses expanded content on things like alternative practice settings, pediatric care, risk assessment, and dental hygiene diagnosis to give you added context when needed. This edition is also filled with new modern illustrations and new clinical photos to augment your learning. If you want a better grasp of all the dental hygienist's roles and responsibilities in today's practice, they Darby and Walsh's renowned text is a must-have. - Focus on research and evidence-base practice provide proven findings and practical applications for topics of interest in modern dental hygiene care. - Step-by-step procedure boxes with accompanying illustrations, clinical photos, and rationales outline the equipment required and the steps involved in performing key procedures. - Critical thinking exercises, cases, and scenarios help hone your application and problem-solving skills. - Feature boxes highlight patient education, law, ethics, and safety. - UNIQUE! Discussions of theory provide a solid foundation for practice. - Key terms are called out within chapters and defined in glossary with cross-references to chapters. - Practice quizzes enable you to self-assess your understanding. - NEW! Streamlined approach focuses on the information you need to know along with the practical applications. - NEW! Added content covers alternative practice settings, new infection control guidelines, pediatric care, risk assessment, dental hygiene diagnosis, the electronic health record (EHR), and more. - NEW! Modern illustrations and updated clinical photos give you a better picture of how to perform essential skills and utilize clinical technology. - NEW! Online procedures videos guide you step-by-step through core clinical skills. - NEW! Editorial team brings a fresh perspective and more than 30 years of experience in dental hygiene education, practice, and research.

dental health and wellness: *Medical and Dental Expenses* , 1990

dental health and wellness: Community Oral Health Practice for the Dental Hygienist - E-Book
Christine French Beatty, 2016-02-16 - NEW! Content updates include Healthy People 2020 ,health literacy, teledentistry, the Affordable Care Act, oral health workforce models, access to care, interprofessional practice, and more. - NEW! Full-color design highlights key concepts within each chapter. - NEW! Art program delivers more photos to help drive home key concepts.

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