

# grin!

for **KIDS**



# grin!

for **KIDS**

.....

## read up! the truth about teeth!

- 4 comics
- 6 mouth-friendly recipe
- 8 it's gross! it's cool! it's your mouth!!!
- 10 how to be a big league brusher
- 14 fantastic flossing
- 16 animal instincts

## activities to MAKE YOU SMILE

- 18 tooth tracker
- 19 healthy foods, healthy smile!
- 20 by the numbers
- 22 test your smile smarts
- 24 all mixed up
- 25 oral health origami
- 26 the road to good oral health
- 28 how to make a tooth fairy door
- 30 play it safe
- 31 chuckle corner
- 32 for the record

## feature article

**12** your buddy,  
your dentist



## Dear parents and teachers,

Thank you for picking up *Grin! for Kids*, a publication from Delta Dental. We hope you'll use this special issue to start (or continue) discussions about oral health with children at home or in the classroom. From a fun, healthy recipe to craft projects you can do together, there are plenty of kid-friendly activities within these pages that will help you have conversations with kids about the value of a healthy smile.

Happy reading!



## four-word answers

**Q: How much saliva  
does one person  
produce in a lifetime?**

**A: Two swimming pools' worth!**



# SHARE THE SPOILS



ARRRR, I SEE YE FOUND ME TREASURE, MATEY!



AYE, CAP'N, AND I'M PREPARED TO FIGHT YE FOR IT!



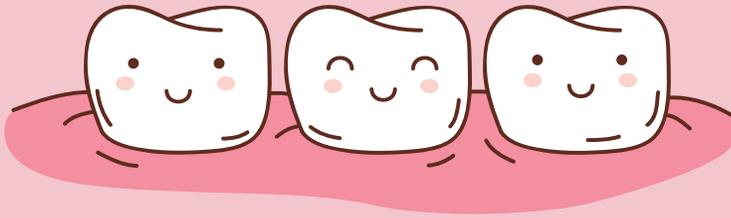
UH, CAPTAIN DAD, I THINK YOU ONLY GET 'TREASURE' IF YOU HAD A CHECKUP...

## THE SMILE PROTECTOR



OH, THAT'S JUST MY MOUTHGUARD. I BRING HIM TO EVERY PRACTICE AND EVERY GAME.

# SEAL OF APPROVAL



WE'VE GOT YOU NOW!

YOU'LL NEVER ESCAPE!

BWAHAHAHAHA!



UHHH, GUYS?  
NOTHING'S HAPPENING.



THAT'S BECAUSE WE'RE SUPER SEALANT!  
WE HAVE A PROTECTIVE COATING THAT  
KEEPS GERMS LIKE YOU AWAY!

NO CAVITIES FOR US!



AWWW, MAN.

NOT FAIR.

FINE. WE'LL JUST GO VISIT THAT  
KID WHO NEVER GOES TO THE DENTIST.



mouth-friendly recipe:

# APPLE MONSTER MOUTHS



*Snack time doesn't have to be unhealthy – or boring! Try this recipe to create a nutritious masterpiece you can munch on.*

## INGREDIENTS:



**Almond slices**



**1 apple, cut into quarters, lengthwise**



**Peanut butter**



**Dark chocolate chips**

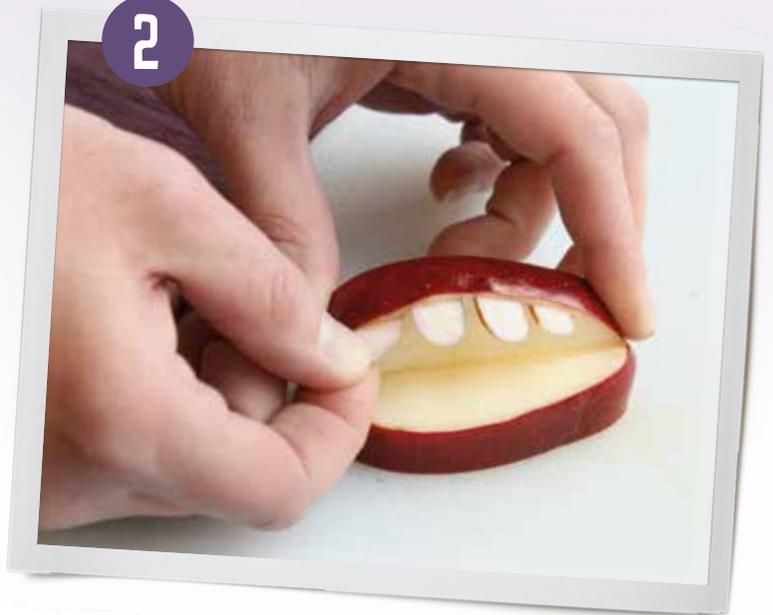
## DIRECTIONS:

1



Get help from an adult to carve a long “V” shape out of each apple slice to create your monster’s mouth.

2



Poke almond slices into the hollow mouth area to form teeth.

3



Use small dabs of peanut butter to stick two dark chocolate chips onto two almond slices. Then use more peanut butter to place the “eyes” on the skin of the apple above the mouth.

That’s it.  
**EAT US IF  
YOU DARE!**



# it's gross! it's cool! it's your mouth!!!

*Have you ever stopped to think about just how cool your mouth is? It's always fighting off gross germs and bacteria! Here are a few more ways your mouth is gross, but cool!*

---



**This is gross:** You've always heard that sharing is nice, but that's not true when it comes to food, forks, spoons, and anything else that goes in your mouth. That's because cavity-causing germs can be passed from mouth to mouth.



**But this is cool:** You can still share snacks, like trading apple slices for other healthy munchies such as carrot sticks or string cheese. Just don't share bites!

---



**This is gross:** Some bacteria create acids that will destroy tooth enamel, the hard outer coating on teeth. (Sounds like something a comic book bad guy would do!)



**But this is cool:** You can be the superhero who defeats bacteria! Keep acids away by brushing twice a day, flossing once a day, eating healthy foods, and visiting your dentist.

---



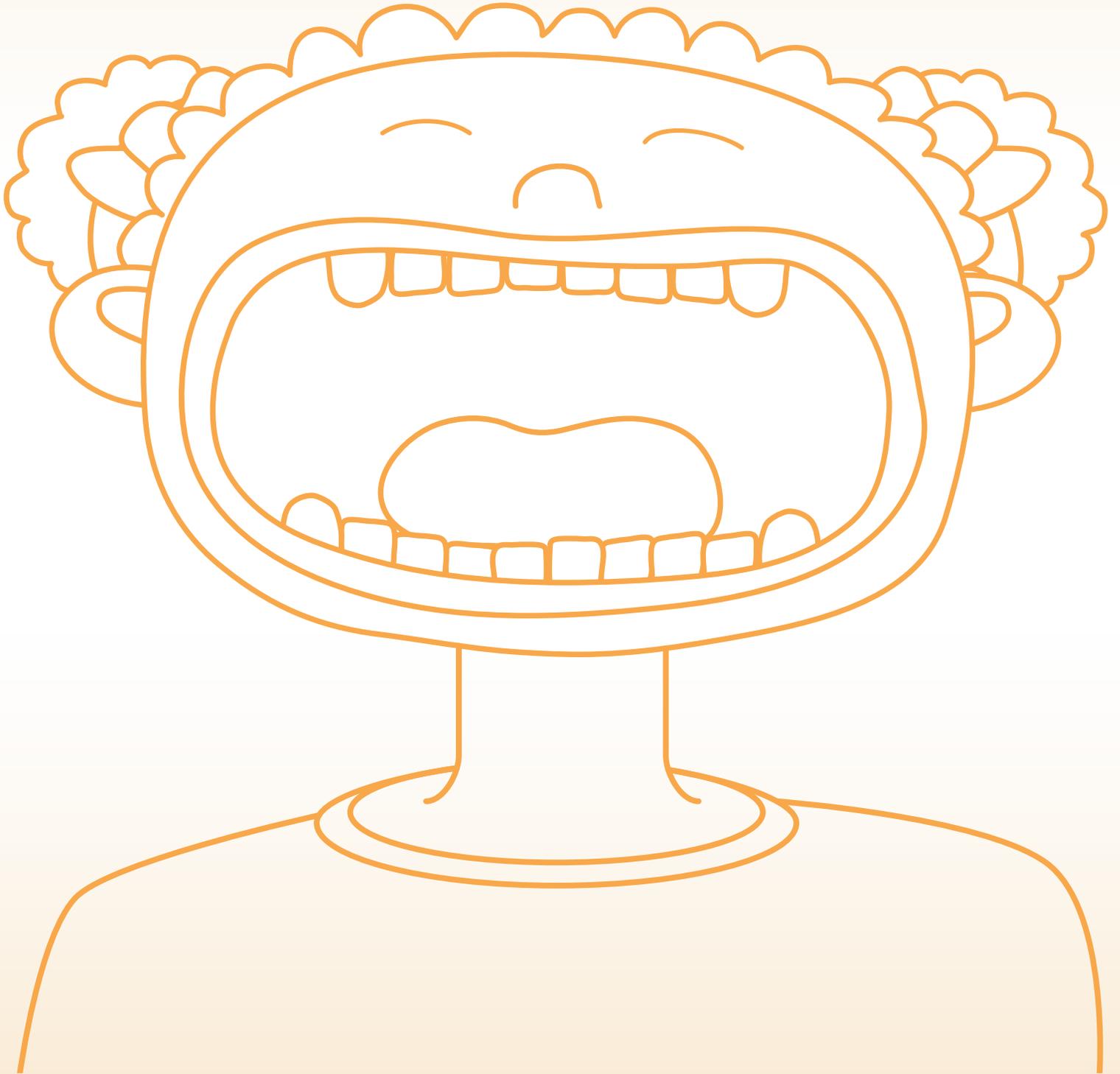
**This is gross:** Bad breath can happen when you don't brush your teeth well. Eating foods such as garlic and onions can also make your mouth stinky.



**But this is cool:** Stop bad breath in its tracks by doing a good job brushing with fluoride toothpaste. You should even brush your tongue! Flossing will also help get rid of food pieces stuck between your teeth.

## get gross!

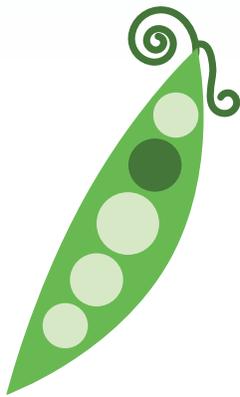
Bacteria, germs, decay, and cavities are all things that can make your mouth unhealthy – and super gross! What does a gross mouth look like to you? Do your best to make this mouth yucky. (And keep doing your best to keep your real mouth healthy!)



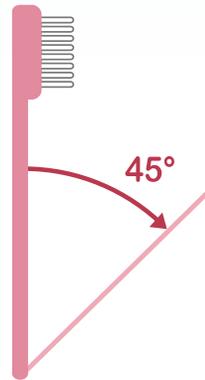


# how to be a **BIG LEAGUE BRUSHER**

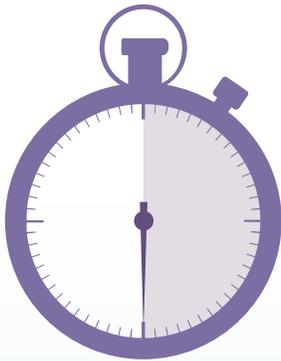
If you spend two minutes brushing your teeth two times a day, that adds up to more than 24 hours – one whole day – every year. That’s a lot of time at the bathroom sink! Make sure you’re using your time wisely by following these easy brushing tips to keep your teeth sparkling.



You only need a **PEA-SIZE AMOUNT** of toothpaste on your toothbrush.



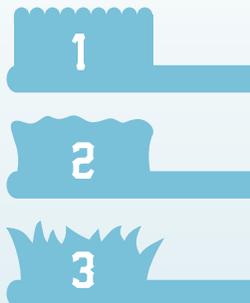
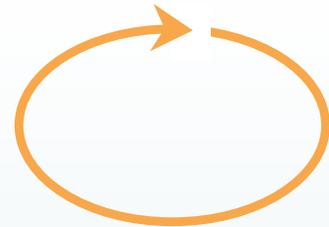
Brush at a **45-DEGREE angle.**



Try brushing in **FOUR SECTIONS.**

For the first 30 seconds, brush the outside of your bottom teeth. For the next 30 seconds, brush the inner side and top of your bottom teeth. Then spend 30 seconds brushing the outside of your top teeth, and complete your two minutes with the inside and bottom of your top teeth.

**BRUSH GENTLY** and use an **oval-shaped motion.**



You need a **NEW TOOTHBRUSH** every three months – or sooner if the bristles are mashed and worn out.

Don't forget **TO BRUSH your tongue!**



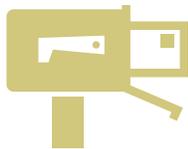
# don't rush the BRUSH

Even though dentists say it takes two minutes of brushing with fluoride toothpaste to do a good job cleaning teeth, most people miss the mark.

Make sure you brush your teeth for two to three minutes by watching the clock. Some toothbrushes even come with timers. There are also apps for some smartphones that have timers. Ask a grown-up to help you download one. **Delta Dental's free app plays music while the toothbrush timer counts down!**

## What else can you do in TWO MINUTES?

Check the mail.



Sit through a commercial break on TV.

Perform **50** jumping jacks.



Let your dog outside.

Play rock, paper, scissors.



## TOOTH TUNES

Sometimes it helps to sing a song while you're brushing. Try using this one every time you switch to a new section of your mouth – or make up your own toothy tune!

Twinkle, twinkle, little teeth  
Brush above and underneath  
Brush in back and brush in front  
Don't forget to scrub your tongue  
Twinkle, twinkle, little teeth  
Brush above and underneath



# your buddy, your dentist

*Even though you probably only visit your dentist once or twice a year, he or she is one of the most important people you see. That's because the dentist helps keep your teeth clean and healthy.*

## what happens when you visit the dentist?

*A few things will happen during your regular checkup and cleaning.*

**1** The dentist or hygienist, the dentist's assistant, will **use a little metal tool to get the tartar and plaque off your teeth.** Plaque is a buildup of bacteria that stick to teeth. If it's not removed often by brushing and flossing, plaque can harden into tartar. Everyone has some plaque. Don't feel bad if there's a little bit of scraping needed.

**2** **A squirt of water may be used to rinse** away the stuff scraped off your teeth.

**3** **Your teeth will be polished** with toothpaste that feels kind of sandy. This helps make the outside of your teeth super smooth, which makes it harder for plaque to stick to.

**4** After this, **you'll have a quick flossing,** and then the dentist will check your clean teeth for any signs of decay or other problems.

**5** **Treasure chest time!** Many dentists will let you pick a prize when you're all done. Have fun!

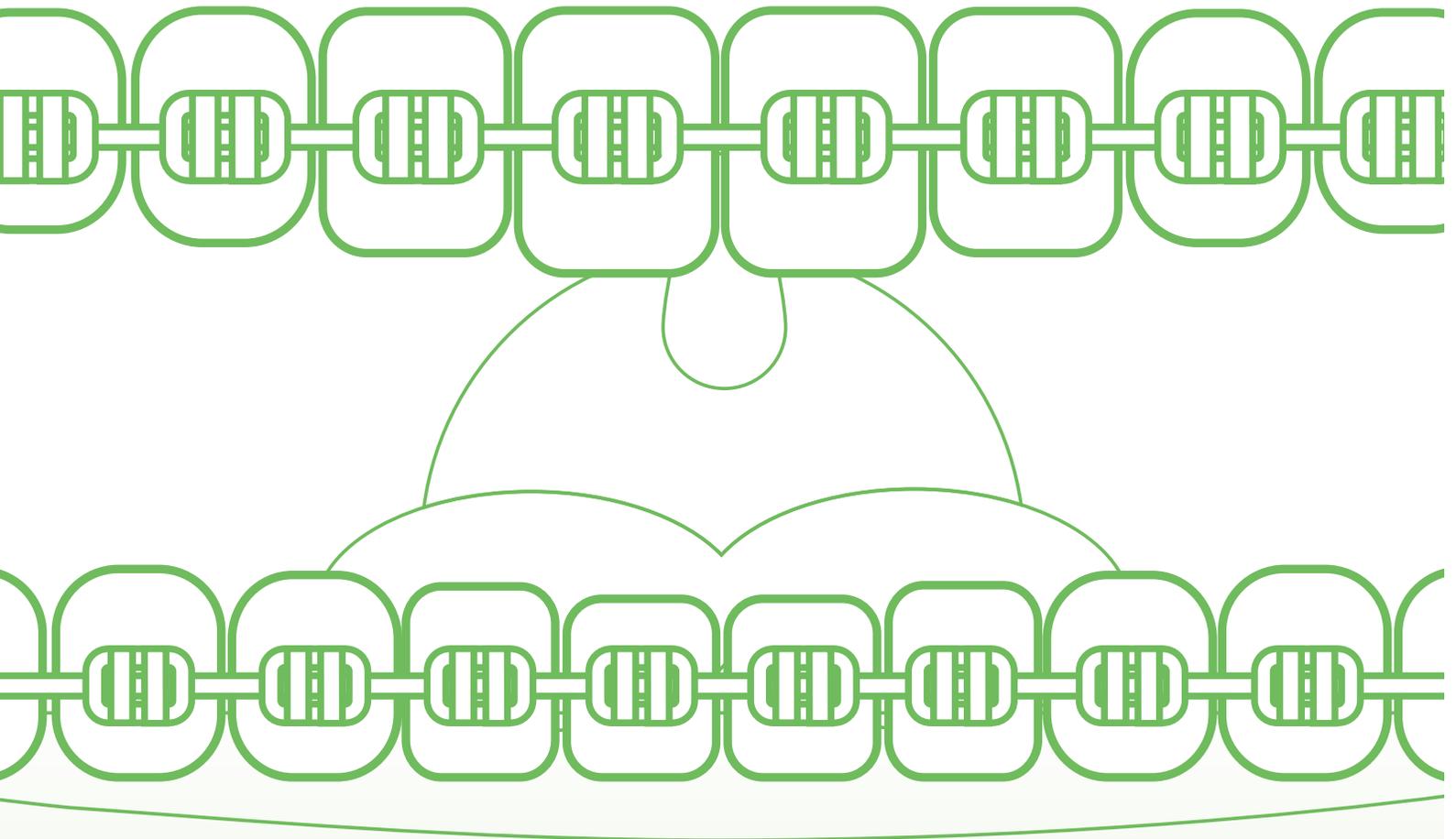




## seal the deal!

When you're a little older and your permanent teeth come in, the dentist may suggest sealants to help prevent cavities. Sealants are a thin, plastic covering that go over your teeth – usually just the back ones – to keep bacteria and germs from settling in and causing decay.

## Color the BRACES YOUR FAVORITE COLORS.



## brace yourself!

If you're 7 years old or older, you may have already visited an orthodontist. After you lose your baby teeth and your permanent teeth start to come in, an orthodontist will look at them to make sure everything is coming in the way it should. It's the orthodontist's job to make sure that you'll have a straight, healthy smile for the rest of your life.

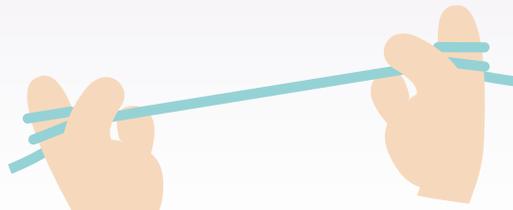
If your permanent teeth do need a little nudge, braces might do the trick. Braces are usually left on for about two years, and you'll still be able to play sports and instruments, eat most foods, and do pretty much everything you did before you got braces!

# fantastic *flossing*

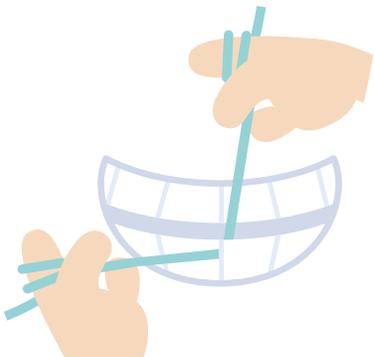
If you're flossing every day, you're doing great. Only half of Americans floss daily, and some never floss at all! Make sure you're part of the healthy half. Just follow these easy steps:



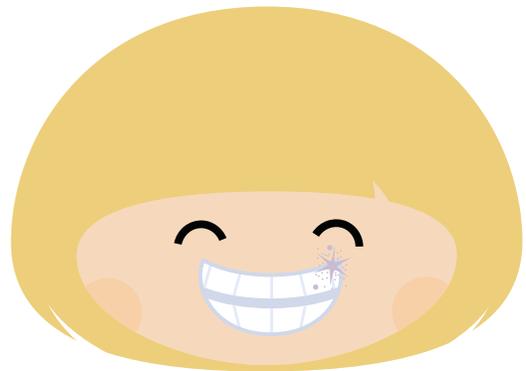
**1** Use about 18 inches of floss. Wrap most of it around your index or middle finger and the rest around your other index or middle finger. As you floss, switch the used part to the opposite finger.



**2** Hold the floss tightly between your thumbs and first fingers.



**3** Gently guide the floss between your teeth. Rub it between your teeth. Don't snap it – that can hurt your gums!



**4** When you get to the gum, curve the floss into a “C” shape against one tooth. Slide it gently into the space between the gum and the tooth.

**Hold the floss tightly against the tooth.** Gently rub it up and down against the side of the tooth.

**Repeat for each tooth** – and don't forget to give the backside of your back teeth some flossing love, too!



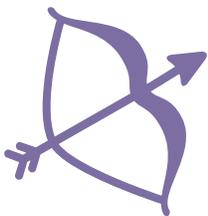
# the secret life of dental floss

Floss is best used to get plaque and food out from between your teeth. But did you know it has a ton of other uses? Here are a few to try. Make sure you ask a grown-up if it's OK to use the floss before you start!



## *create string art.*

Have a grown-up help you hammer some nails into a piece of wood, and then wind dental floss around the nails to make lines from nail to nail. You can spell out letters, make a pattern, or just create a random design!



## *make a tiny bow and arrow.*

Soak a wooden craft stick in water for at least an hour to make it soft and bendable. Tie dental floss around one end of the stick, wrap it a few times, and then gently bend the stick into a curve. Tie the loose end of the dental floss around the other end of the stick to create a bow and tie the floss in a knot. You can use Q-tips for arrows!



## *replace a broken shoelace.*

If the shoelace breaks on your favorite pair of shoes, but you don't want to wait until you get new laces to wear them again, dental floss will do.



## *slice pieces of cake.*

Here's a fun one to try the next time you have a birthday party. Instead of using a knife to cut pieces of cake, use a long piece of unflavored (unless you really like mint!) dental floss to make perfect slices.



## *make a hair tie.*

If you have long hair and happen to break or lose your ponytail holder, floss can fill in. It's strong enough to hold your hair back until you find a replacement!



# ANIMAL INSTINCTS

*When it comes to teeth, we're not as different from animals as you might think. Our teeth aren't as sharp or scary as shark chompers, but they are shaped to cut and tear food in the same way. Check out these animal teeth to see how we're the same – and how we're totally different!*



## great white sharks

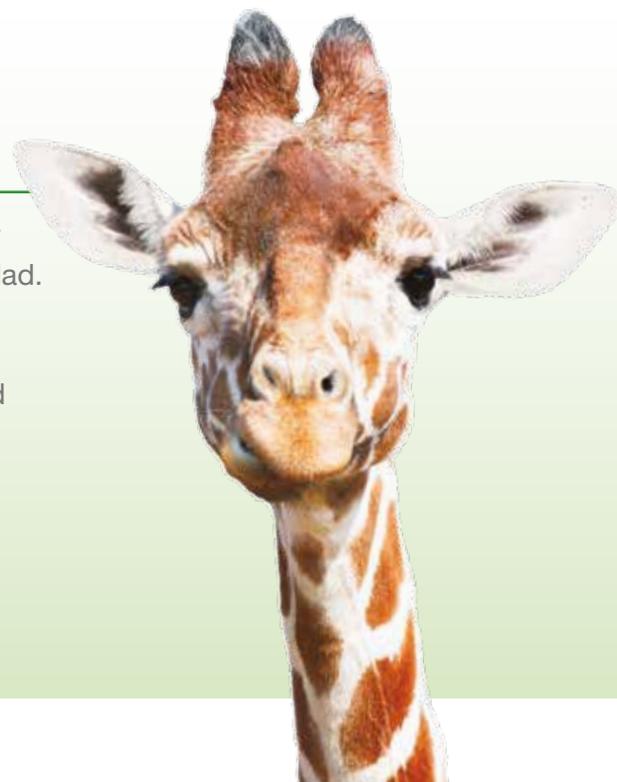
**How we're the same:** Those sharp teeth may not seem much like ours at first, but they're shaped like triangles to make it easier to cut food – just like the pointed teeth we have called canine teeth.

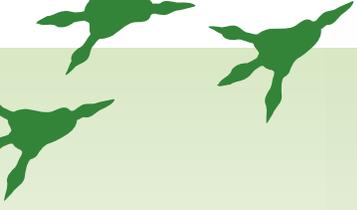
**How we're different:** Great white sharks have rows and rows of teeth that fall out much more often than ours do. A single shark can grow up to 20,000 teeth in its first 25 years of life! We only grow 20 baby teeth and up to 32 permanent teeth. **(Psst – check out page 18 for a tooth tracker to help you keep tabs on your teeth!)**

## giraffes

**How we're the same:** Giraffes eat a lot of leaves. That's why they have wide, flat teeth meant for grinding up a gigantic salad. They also have 32 teeth, similar to us!

**How we're different:** Instead of having top front teeth (called “incisors”) like we do, giraffes have a “horny pad” that helps them mash plants and grass and grind it down against their bottom teeth.





## tyrannosaurus rex

---

**How we're the same:** Tyrannosaurus rex used its fangs the same way we do – to cut food and shred meat. Instead of eating hamburgers and chicken, though, T. rex preferred to munch on other dinosaurs!

**How we're different:** T. rex had about 60 teeth that were up to 9 inches long. Check that out on a ruler – those are some big teeth!



## narwhals

---

**How we're the same:** The narwhal is a type of whale. It has teeth that are made from the same general parts as ours – hard enamel, sensitive stuff called dentin, and blood and nerves called pulp.

**How we're different:** Instead of growing inside of its mouth, the narwhal's tooth sticks up like a unicorn horn. Although their teeth are made from the same stuff as ours, they're still very different. All of the hard material is on the inside of the narwhal's tooth while all of the sensitive tissue called dentin is on the outside.

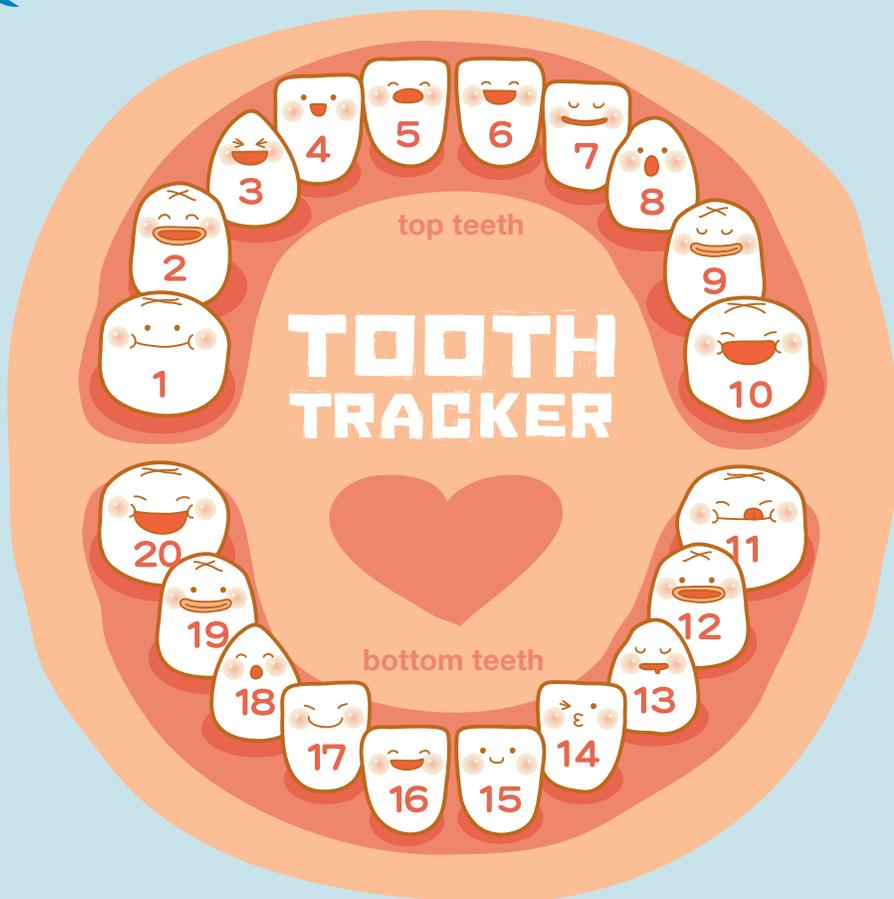


# TOOTH TRACKER

Keep track of the teeth you've lost by coloring them in when you lose them and writing down how much money the Tooth Fairy left for each tooth! Just cut out the Tooth Tracker, mark the teeth you've already lost (if you've lost any), then save it somewhere safe so you can update it the next time the Tooth Fairy pays you a visit.

## Did you know?

Kids have 20 teeth when they get their first full set of pearly whites. When baby teeth fall out and the full set of permanent teeth grows in (around age 12 or 13), there are 28 teeth! If you count wisdom teeth, an extra set of molars that some people get later in life, you can have up to 32 teeth.



## tooth fairy earnings

top teeth	bottom teeth
1 \$ _____	11 \$ _____
2 \$ _____	12 \$ _____
3 \$ _____	13 \$ _____
4 \$ _____	14 \$ _____
5 \$ _____	15 \$ _____
6 \$ _____	16 \$ _____
7 \$ _____	17 \$ _____
8 \$ _____	18 \$ _____
9 \$ _____	19 \$ _____
10 \$ _____	20 \$ _____



# healthy foods, healthy smile!

Eating fruits, veggies, dairy and whole grains will keep you healthy by providing vitamins and nutrients that help your teeth stay strong. You should still brush your teeth twice daily – even if you eat only healthy foods! **Circle the mouth-friendly foods in the picture below.**



Answer key: Apple, broccoli, cherries, milk and orange.



# BY the numbers

Want a healthy mouth? It's all about the numbers! You should:

BRUSH **2 times**

a DAY FOR



**2 minutes.**

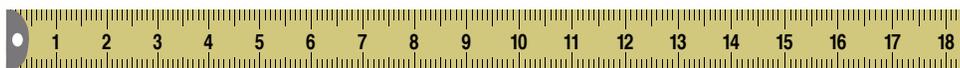
FLOSS AT LEAST

**1 time** a DAY.



use **18 inches**

of FLOSS each time.



VISIT YOUR DENTIST EVERY

**6 months**

FOR CHECKUPS!



Numbers are also great for coloring. Use the guide below to color these healthy kids keeping their teeth clean.

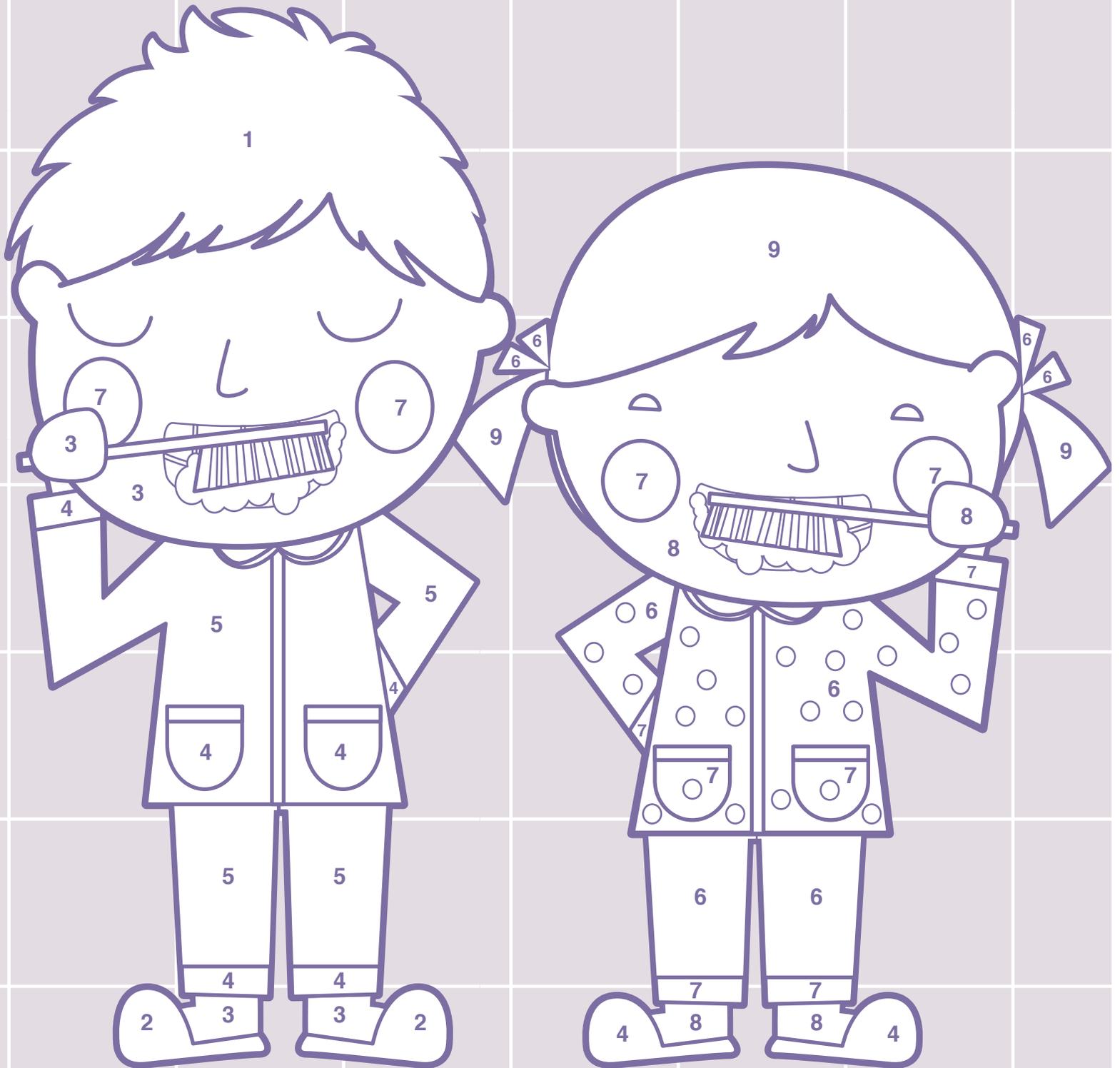
1 = red  
2 = orange

3 = yellow  
4 = green

5 = blue  
6 = purple

7 = pink  
8 = brown

9 = black

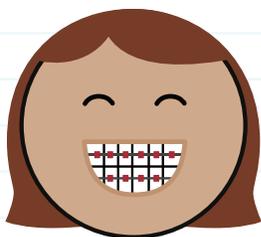




# test your smile smarts

Think you know how to keep your mouth healthy? Test your knowledge with this quiz. All of the answers can be found somewhere in this magazine. (If you want to go back and double-check your answers, that's OK!)

1 At what age should you start flossing daily?



When you're a teenager

(A)



When you're a grown-up

(B)



As soon as you have two teeth that touch

(C)



You don't have to floss

(D)

2 How many times a day should you brush your teeth?



times

(A)



times

(B)



times

(C)



time

(D)

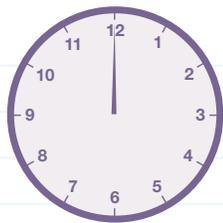


3 How long should you brush your teeth each time?



10 seconds

(A)



As long as possible

(B)



An hour

(C)



2-3 minutes

(D)

4 You only need a dab of toothpaste the size of a \_\_\_\_\_.



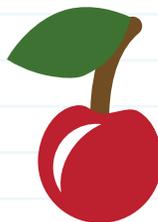
Pea

(A)



Nickel

(B)



Cherry

(C)



Baseball

(D)

5 What snack is the best choice for teeth?



Potato chips

(A)



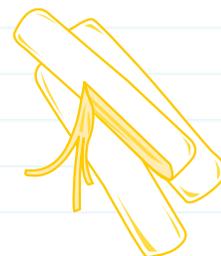
Chocolate chip cookies

(B)



Candy

(C)



String cheese

(D)

Answer key: 1c 2c 3d 4a 5d



# ALL MIXED UP

Keeping your teeth healthy takes more than just brushing them twice a day – although that’s a good start! Unscramble these 10 oral health-related words. Feel free to ask a grown-up for help.

1. **REFODLIU** \_\_\_\_\_

**Hint:** This helps fight cavities, so make sure it’s in your toothpaste and mouth rinse or ask your dentist for more information.

2. **CMUCLAI** \_\_\_\_\_

**Hint:** String cheese and other dairy products are good sources of this nutrient, which helps build strong teeth.

3. **TNHSRTIDTOOO** \_\_\_\_\_

**Hint:** You should visit this dental health professional by age 7.

4. **HMOWHTUSA** \_\_\_\_\_

**Hint:** Swishing this helps fight bad breath.

5. **LFSOS** \_\_\_\_\_

**Hint:** This should be used from the time you have two teeth that touch.

6. **TNISDTE** \_\_\_\_\_

**Hint:** Visit this person every six months.

7. **SVGLETBAAEE** \_\_\_\_\_

**Hint:** These foods are good for your oral health.

8. **TWREA** \_\_\_\_\_

**Hint:** Drinking this helps wash food debris away from your teeth.

Answer key: 1. Fluoride 2. Calcium 3. Orthodontist 4. Mouthwash 5. Floss 6. Dentist 7. Vegetables 8. Water

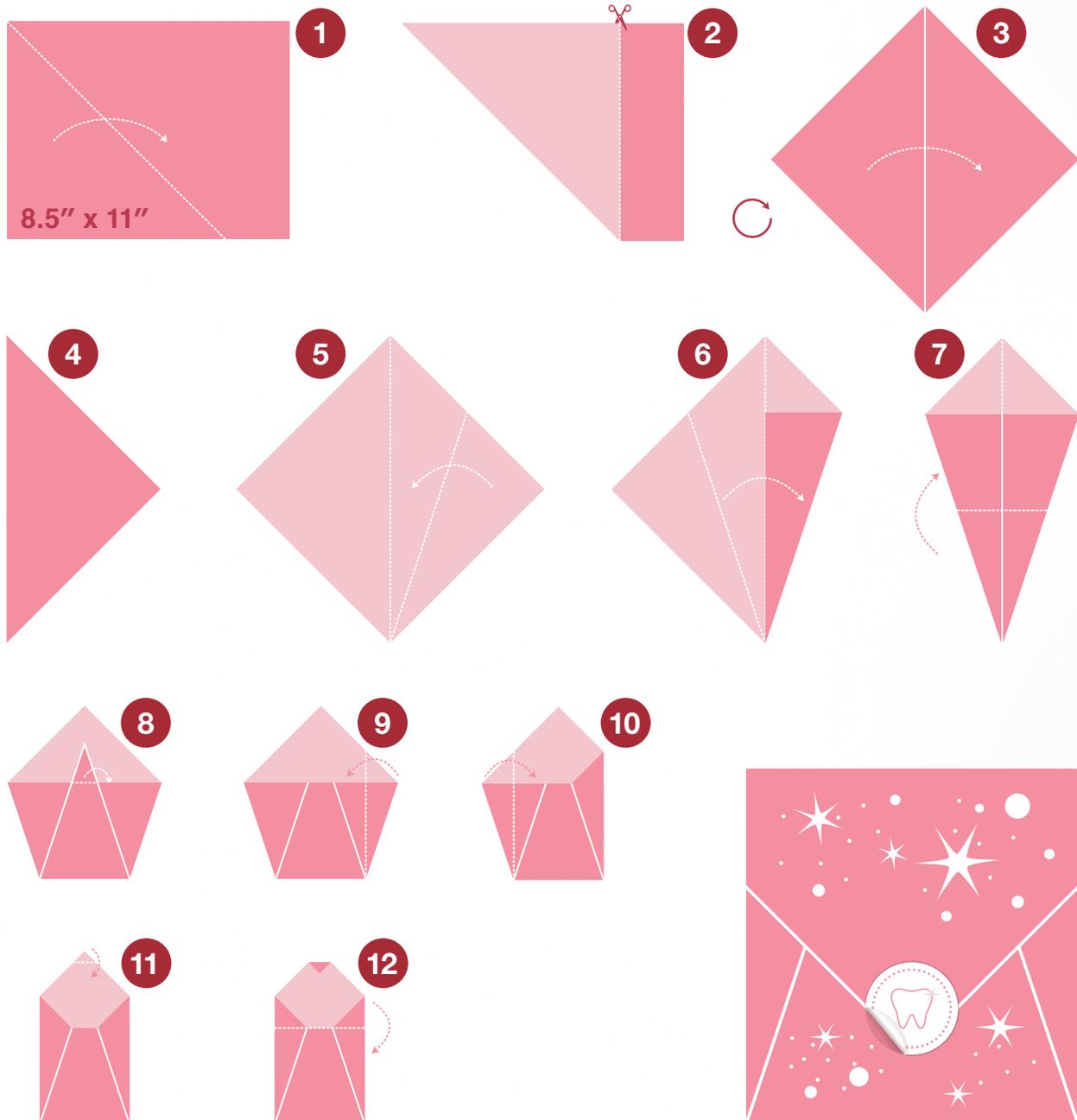


# oral health

# ORIGAMI

## *Make your own envelope for the Tooth Fairy!*

Fold a piece of paper into an envelope, place your lost tooth in it, and put the envelope under your pillow. That way, the Tooth Fairy can easily find your tooth at night. Maybe she'll leave something in return!

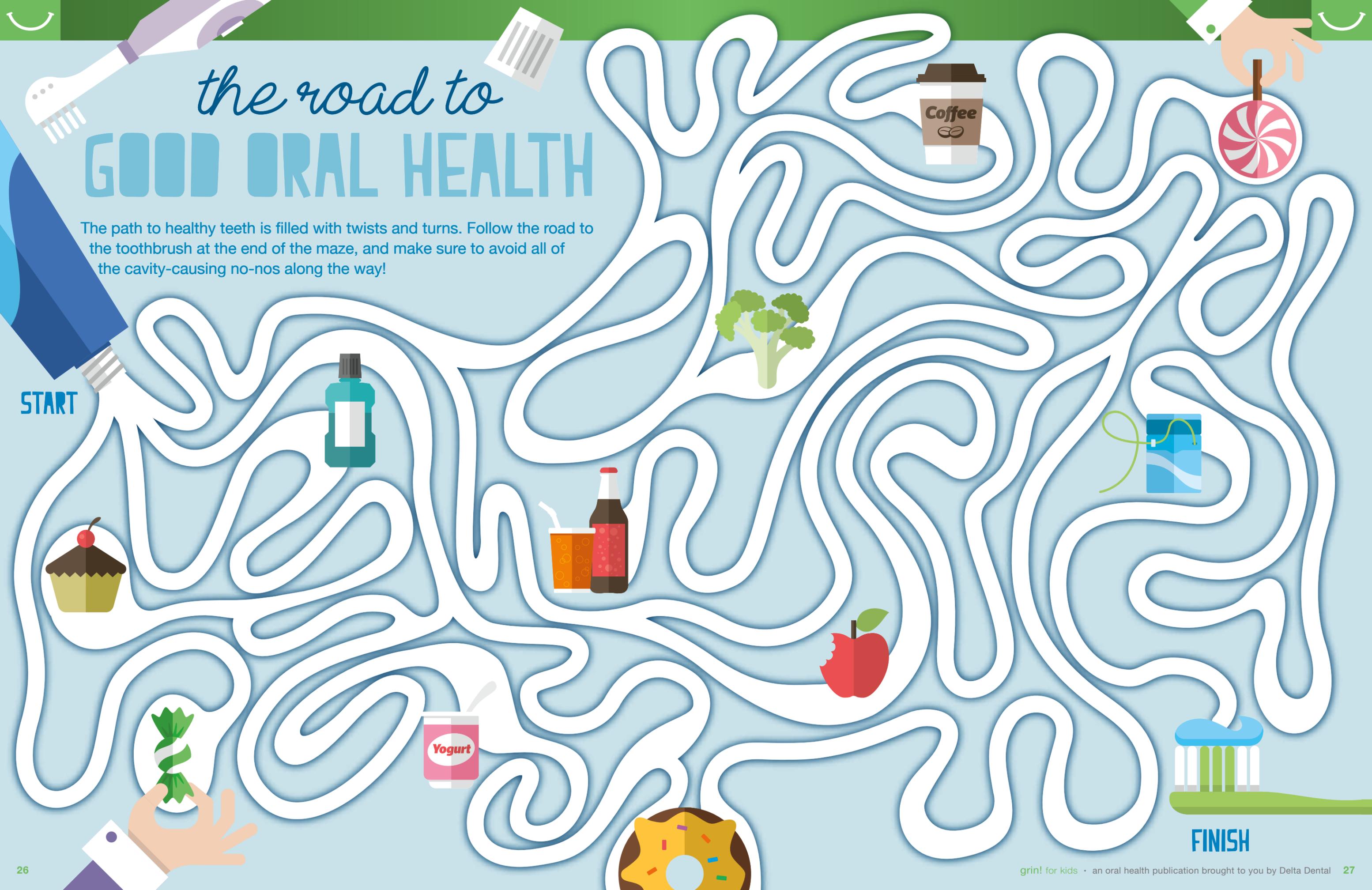


# the road to GOOD ORAL HEALTH

The path to healthy teeth is filled with twists and turns. Follow the road to the toothbrush at the end of the maze, and make sure to avoid all of the cavity-causing no-nos along the way!

START

FINISH





# how to make a tooth fairy door

The Tooth Fairy has a lot of houses to visit every night. Make it a little easier for her by putting a door in your room that's just her size!

here's what you'll need:



A dollhouse door



Glitter



Small paintbrushes



Craft paint



Something to stick the door to your wall like removable tape strips or putty



A grown-up for help or supervision



# INSTRUCTIONS:

1

Paint the door whatever colors you like.



2

Sprinkle the glitter on the door while the paint is still wet. This will help it stick. (It may help to paint the door in sections and add glitter as you go.)



3

After the paint and the glitter have dried, shake off any extra sparkles.



4

Now have a grown-up help you find a good place to put your Tooth Fairy door. Once you have it in place, the Tooth Fairy is sure to find her own special way into your room – and she'll be happy you made her job a little easier!





# PLAY IT SAFE

*Wearing a mouthguard to sports practices and games can help keep your smile safe. This athlete is already wearing his mouthguard. Connect the dots to see what sport he plays!*





# CHUCKLE

# corner

HA

HA

ha

What time was the vampire's dentist appointment?

**TOOTH-HURTY.**

What is a dentist's favorite animal?

**MOLAR BEAR.**

What does a dentist call an X-ray?

**A TOOTH-PIC!**

What did the dentist get for an award?

**A LITTLE PLAQUE.**

Why do dentists like potatoes?

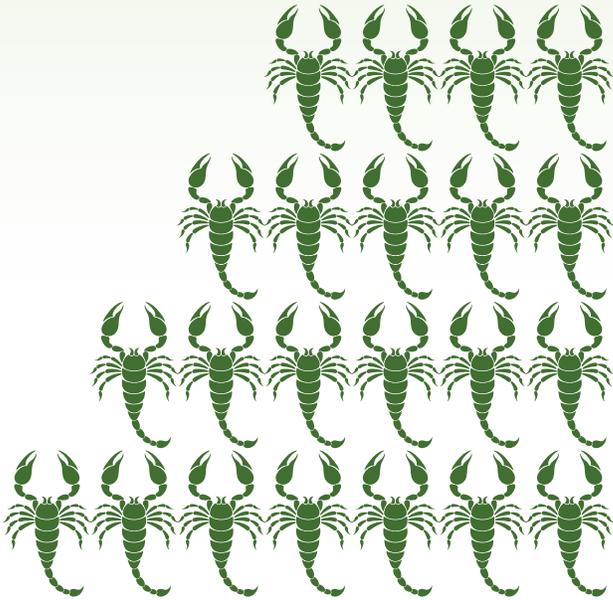
**BECAUSE THEY ARE SO FILLING.**

What does a dentist do on a roller coaster?

**SHE BRACES HERSELF!**

for the

# RECORD



The most scorpions held in one person's mouth is

**22.**

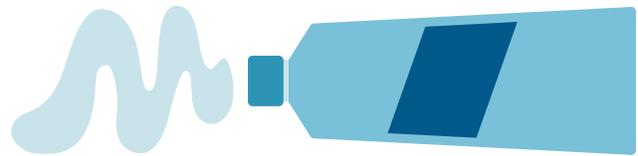
Don't try this one at home!



The longest kiss ever lasted for

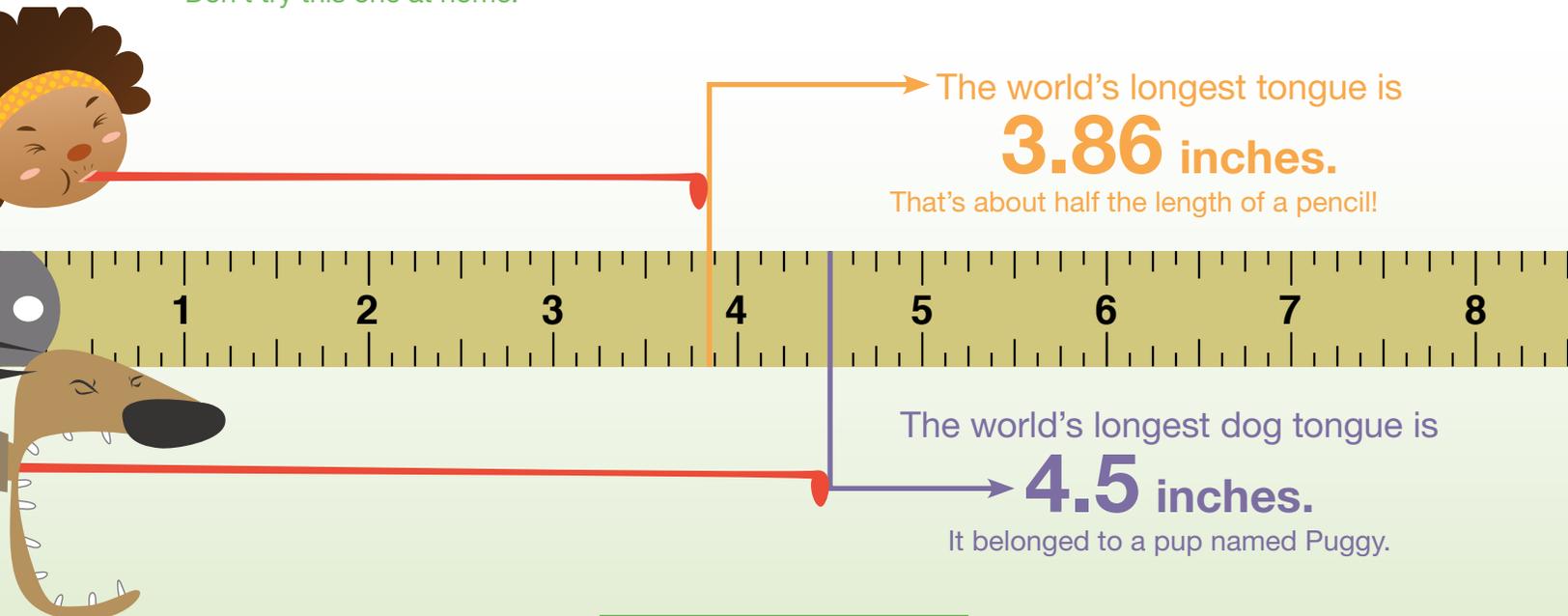
**58** hours,  
**35** minutes, and  
**58** seconds.

That's almost 2.5 days!



The biggest tube of toothpaste ever made was

**9.7** feet long and  
weighed **1,719** pounds!



The world's longest tongue is

**3.86** inches.

That's about half the length of a pencil!

The world's longest dog tongue is

**4.5** inches.

It belonged to a pup named Puggy.

# grin!

news, notes &  
entertainment to  
keep your smile  
healthy & happy

spring/  
summer  
2014

volume 3, issue 1

how the farmers  
market can help  
your smile

**5** summer sports  
that require  
mouthguards

tooth fairy  
financials  
results of the  
2013 poll

how techie dental  
developments  
help you 24/7

# grin!

---

## table of contents

**4 protect your health:**  
schedule an oral exam today!

**the history of oral health:**  
for the record

**5 readers ask, we answer**

**6 mouth-friendly recipe:**  
banana “ice cream”

**on topic with dr. kohn**

**7 how techie dental  
developments help you 24/7**

**11 5 summer sports that  
require mouthguards**

**13 wisdom teeth:** to keep or  
not to keep?

**14 tooth fairy financials:**  
results of the 2013 poll

**16 brushing up:** an interview  
with dr. mark waltzer

**keeping you covered**



## feature article

**9** how the farmers market  
can help your smile

# cavity-free calendar

## April

April is **National Child Abuse Prevention Month**. Delta Dental is proud to support Prevent Abuse and Neglect through Dental Awareness (P.A.N.D.A.), a program that helps dentists recognize the signs of child abuse and educates them on proper reporting procedures.



## May

It's **National Physical Fitness and Sports Month**! Check out page 11 to find out if a mouthguard is recommended for any of your favorite sports.

## June

Here's a fun fact in honor of **National Smile Month**: People who smile tend to experience more career and personal success than those who don't.



## July

Celebrate **National Ice Cream Month** with a sweet treat that's easy on your teeth. Check out our banana "ice cream" recipe on page 6!



## two-word answers

**Q: At minimum, how often should you floss?**

**A: Once daily.**





## protect your health: schedule an oral exam today!

*Oral cancer is the sixth most common cancer, accounting for 34,000 newly diagnosed cases each year – and 8,000 deaths.*

The good news? The earlier oral cancer is detected and treated, the better the survival rate – which is just one of the many reasons you should take advantage of the annual oral exam your dental insurance typically covers. Regular dental checkups are typically covered with no or a low deductible under most Delta Dental plans.

As part of the exam, your dentist will check for oral cancer indicators, including feeling for lumps or irregular tissues in your mouth, head and neck. A biopsy will be recommended if anything seems concerning or out of the ordinary.

You should also perform your own self-examinations to look for early warning signs, including unexplained bleeding or numbness, lumps, sores that don't heal within two weeks, rough spots, hoarseness, difficulty swallowing, and red or white patches or other soft tissue changes. If you notice any of these symptoms, contact your dentist immediately.

Heavy drinkers and people who smoke or use other tobacco products are at higher risk for oral cancer. Though it is most common in people over age 50, new research indicates that younger people may be developing oral cancers related to human papillomavirus (HPV). Schedule your oral cancer screening today!

## the history of oral health: for the record

### 3.86 inches

The **world's longest tongue**, which belongs to Stephen Taylor from the U.K.

### 140 pounds

The **greatest weight balanced on teeth**. Though Frank Simon of the U.S. achieved this feat in 2007, we don't recommend trying this one at home!



### 6.69 inches

The **world's widest mouth**, found on Francisco Domingo Joaquim of Angola.



# readers ask, we answer

Courtney writes:

**“I get more than my fair share of canker sores. Is there any way to prevent them? Why do I get them in the first place?”**

Hi, Courtney. We can sympathize. Irritating at best and downright painful at their worst, these small mouth ulcers most commonly form on the inner cheeks or lips, floor of the mouth, or the tongue. They can make it difficult to eat, brush, and sometimes even talk.

Unfortunately, canker sores are still a bit of a mystery. Doctors don't know what causes them, though suspects include stress; fatigue; an impaired immune system; and deficiencies in iron, folic acid, or vitamin B12. Small injuries to the mouth also seem to contribute.

These little nuisances should go away on their own in about a week. (Consult your physician if sores persist for longer than 10 days.) There are, however, ways to ease the pain. Various over-the-counter medications can be purchased at most drugstores, or you can try a homemade remedy: Mix one part hydrogen peroxide to one part water and apply it to the sore with a cotton swab. Whichever option you choose, avoid hot, spicy, or acidic foods that might irritate the sores while they heal.

*Have a question you'd like us to answer? Send your question to [grin@deltadental.com](mailto:grin@deltadental.com), and it could be featured in an upcoming issue!*

**1,470**

The **greatest number of people flossing** on one long, single strand of dental floss. The feat was achieved by students, parents, and teachers from North Carolina in 2004.



**177,003**

The **largest group of people simultaneously brushing** their teeth, which occurred in India in 2007.

**2,037**

The **world's largest collection of toothpaste tubes**, owned by Val Kolpakov in Georgia.



## mouth-friendly recipe: **banana “ice cream”**



*This recipe provides the cool, creamy sweetness of ice cream – without any added sugar.*

### **Ingredients:**

2-3 ripe bananas  
(yep, that’s it!)

### **Directions:**

Peel bananas and cut them into small slices. Freeze them for 1-2 hours, then place them in a blender and blend until creamy. Scoop and serve! Once you’ve tried the “original” flavor, experiment with healthy add-ins such as peanut butter, strawberries, and dark chocolate. (Be aware that some add-ins contain sugar, and remember to brush after eating.)

## on topic with dr. kohn

*Meet Delta Dental’s Vice President of Dental Science and Policy, Bill Kohn, DDS. Formerly the director of the Division of Oral Health at the Centers for Disease Control and Prevention, Dr. Kohn has timely tips and valuable insights to share as our resident dental expert.*



As with many product types, finding the right brushing, flossing, rinsing, or whitening product for your personal oral care needs might take some trial and error. Water flossers, air flossers, LED-assisted whitening, a myriad of electric toothbrushes – with so many devices to choose from, it can be hard for consumers to determine whether any of these technologies will work for them. No matter what you choose, keep in mind that the main goal is to remove the plaque that forms on, around, and between your teeth every day. While tried-and-true manual brushing and flossing does an effective job for many, some people may benefit from electric or battery-powered technology.

**Remember that no technology is a substitute for regular dental appointments.** Your dentist and dental hygienist can help you evaluate how effective your habits are and make suggestions for alternative devices if necessary (or if you just like to try new things).

# HOW TECHIE DENTAL DEVELOPMENTS HELP YOU 24/7

*It's easy to fall out of a good oral health routine when you're on the road for vacation. Luckily, there are plenty of portable dental technology tools to help keep your oral health on track this summer – and all year round. From the time you wake up to before you hit the hay, your teeth and technology can make a great team.*

## MORNING

Whether you're an electric toothbrush enthusiast or love your manual one, technology can help you get the most out of your a.m. routine – even when you're on the go.

Electric toothbrush users already know that this technology can help keep teeth healthy, especially for people who have trouble reaching all the corners of the mouth because of dexterity issues such as arthritis or physical disabilities. Although manual toothbrushes can be just as effective as electric toothbrushes if used properly, people don't always brush as long or as well as they should with a manual toothbrush.

Regardless of what type of toothbrush you use, make sure you're getting the most out of it with a toothbrush timer. While brushing for two minutes is recommended, most people brush for just 46 seconds. If you're guilty of cutting your brushing time short, a toothbrush timer can help you hit the 120-second mark. Try the timer on our free Delta Dental Mobile app, available for both iOS (Apple) and Android devices.



## AFTERNOON

Getting enough of the right nutrients is essential to good oral health, no matter where you are. Whether you're sitting down to lunch or contemplating an afternoon snack, you can use a free mobile app to keep a food journal, or research the nutrients in your food to make sure you're meeting daily requirements. Calcium provides the

skeletal structure for bones and teeth, so it's essential for good oral health. Men

and women ages 19 to 50 need 1,000 mg of calcium a day, for instance. A quick check on a nutrition app can tell you what percentage of your daily needs are being met by the yogurt you're snacking on. Other nutrients that can help keep your smile sparkling include vitamin D, which assists your body with calcium absorption; and protein, which produces the connective gum tissue that supports the teeth. MyFitnessPal has an app called Calorie Counter for both Apple and Android devices. In addition to counting calories, the app provides nutrition information, serving sizes, and more.



## EVENING

Want a whiter smile? Post-dinner is a good time to get your sparkle on if you are using one of the many at-home tooth-whitening products. (Be sure to discuss any over-the-counter whitening products with your dentist before taking them for a spin.)

When you're done with your whitening treatment, remember to floss. There are floss options available to suit every need, from floss picks to the traditional pool of mint-flavored string. If you're looking for a technological assist, try a device that uses a light blast of air and water (or mouthwash) to wash away plaque.

**Whether you're well versed in the latest and greatest gadgets or simply want a better way to brush, there's a dental technology that can help keep your smile healthy when you're on vacation this summer – or any time of the year!**





## how the farmers market can help your



*Fruits and veggies play a huge part in good oral health by providing essential nutrients that help keep teeth and gums healthy. Spring and summer are the perfect seasons to work some delicious fresh produce into your diet. Here are some of our favorite tooth-friendly foods to look for the next time you stop by your local grocer or farmers market.*

## WHAT'S IN SEASON:

*April and May:* Broccoli, limes, spinach, and strawberries

*June, July, and August:* Cantaloupe, cucumbers, honeydew, peppers, strawberries, and watermelon



*Broccoli* can add a dose of calcium to your diet. If you're lactose intolerant – or simply don't like milk, cheese, yogurt, or other calcium-rich dairy products – dark green leafy veggies, such as broccoli, are good alternative sources.



*Cantaloupe, honeydew, and watermelon* are all great examples of melons that have high water content and can help you stay hydrated. Good hydration leads to good saliva production. Saliva can neutralize acids in the mouth and help prevent cavities by washing food particles and debris from your teeth.



*Cucumbers*, like melons, contain lots of water. They're perfect sliced up in salads. Combine with spinach and strawberries for the ultimate smile-boosting seasonal meal.



*Limes*, like all citrus fruits, provide a healthy dose of vitamin C. We're not recommending that you go out and eat some whole limes, but consider adding lime juice to guacamole, salsa, and Thai food.



*Peppers* of all kinds are some of the richest sources of vitamin C, a nutrient that helps your bones and teeth heal and fight off infections. If jalapeños aren't your thing, don't worry – a sweet, green bell pepper provides the same nutrients, minus the heat.



*Spinach* is a great source of folic acid, which helps strengthen gums and the supporting soft tissues in your mouth.



*Strawberries* are not only full of vitamin C, potassium, and folate, but they're also natural tooth whiteners. That's because these juicy red berries contain malic acid, a natural astringent that helps erase enamel stains and discoloration.



# 5 SUMMER SPORTS *that require mouthguards*

*Although high-contact sports, such as football and basketball, typically come to mind when we think of mouthguards, pearly whites need protection during warm-weather sports as well.*

Here are five mouthguard-worthy activities that may not be on your radar:



### BICYCLING

A mouthguard is a must, whether you're an aspiring BMX racer who hits the trails hard and fast, or a mountain biker going for a long trail ride. Even the most careful rider can hit an unexpected rock in the road. If that happens, you want to make sure your teeth are as crash-proof as possible.



### SKATEBOARDING

The same logic applies to skateboarding: Even if your child is extremely skilled, there's always a chance that something could stop the skateboard wheels from spinning when it's least expected. Make sure your kids wear mouthguards when they hit the skate park with friends – and even when they're just messing around in the driveway.



### SAND VOLLEYBALL

Typically, you want to spike the ball, not let the ball spike you. But volleyball can be an unpredictable sport, which is why wearing a mouthguard will come in handy – for you *and* your smile.



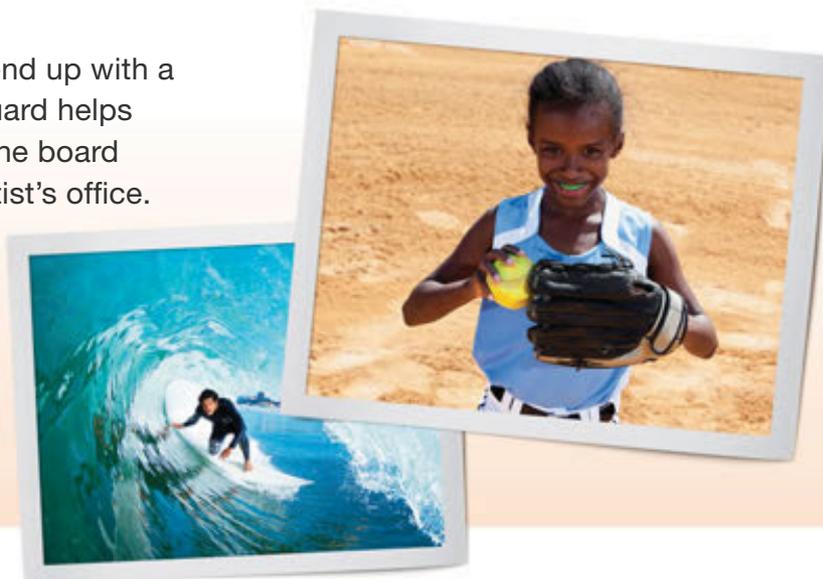
### BASEBALL/SOFTBALL

Though baseball is less of a contact sport than others, there's still opportunity for a mouthful of harm. From getting hit by a stray ball to face-first slides into home plate, there are plenty of reasons to wear a mouthguard on the diamond.



### SURFING

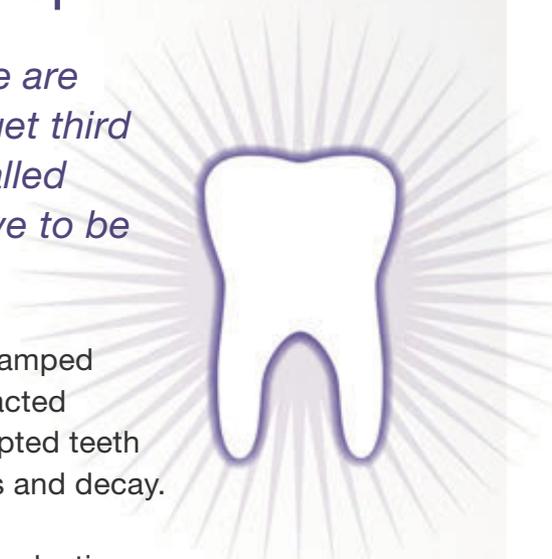
One rogue wave and you could end up with a face-full of surfboard. A mouthguard helps ensure that you get back up on the board instead of hanging 10 at the dentist's office.



# wisdom teeth: to keep or not to keep?

*From age 17 to 25, right around the time many people are heading off to college to get “wiser,” it’s common to get third molars removed. Now you know the reason they’re called “wisdom teeth” – but do you know why they often have to be taken out?*

Though they don’t always cause problems, third molars are often cramped inside the mouth, sometimes to the point they can’t fully erupt. Impacted wisdom teeth can become problematic beneath the gums. Even erupted teeth may be difficult to properly reach with a toothbrush, causing cavities and decay.



An estimated  
**75-80%**  
of people end  
up needing  
wisdom tooth  
removal surgery  
due to pain,  
tooth decay, or  
gum disease.

In the past, dentists have recommended this elective surgery even before it’s needed, hoping to prevent future problems. Some studies have found that people who retain their wisdom teeth often have more oral health problems later in life than those who have had their third molars removed. Other studies, however, have found that the risks of anesthesia and surgery are too great to have wisdom teeth removed if there’s not really a need.

If you decide to have one or more of your or your child’s third molars removed, check your dental and health insurance plans to understand what kind of coverage you have. Delta Dental’s payment for treatment varies depending on your plan and the dentist you choose. Because the dentist or oral surgeon may recommend intravenous sedation or general anesthesia to help make you comfortable, check to see if your medical or dental plan covers this portion of the procedure as well. Asking your dentist for a free pre-treatment estimate can help you prepare for any associated costs.



**The bottom line: Before having wisdom teeth removed, have a discussion with your dentist to make sure you’re making an informed decision. If you get your wisdom teeth removed, don’t forget to check with your dental and medical benefits representatives so you know what kind of coverage applies to your procedure.**



# Tooth Fairy FINANCIALS:

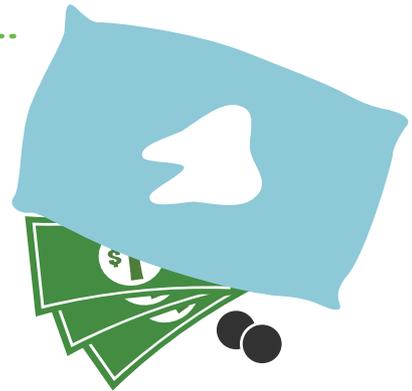
## RESULTS OF THE 2013 POLL

Every year, Delta Dental asks parents and caregivers to answer a very important question: “How much money did the Tooth Fairy leave if she visited your house this year?”

In 2013, more than 1,000 caregivers responded to the survey and told us that the Tooth Fairy was more generous than ever before.

**\$3.50**

THE AVERAGE AMOUNT  
*children received*  
**UNDER THEIR PILLOWS**  
IN 2013, UP 45% FROM 2012.



The Tooth Fairy  
LEFT AN AVERAGE OF

**\$4.51**

for the **1<sup>ST</sup> LOST**  
**BABY TOOTH.**



**6 IN 10**

caregivers say it's **MOM**  
WHO ASSISTS THE TOOTH FAIRY,  
WHILE 35% SAY DAD HELPS.



**54%** OF CHILDREN  
WAITED FOR THE  
*first tooth*  
TO FALL OUT ON ITS OWN.



**22%** of excited kids  
PULLED OUT THE TOOTH THEMSELVES.

**16%** ASKED A PARENT  
to help pull a tooth.



**15%** OF PARENTS SAY THEIR CHILD  
lost a tooth at **SCHOOL**,

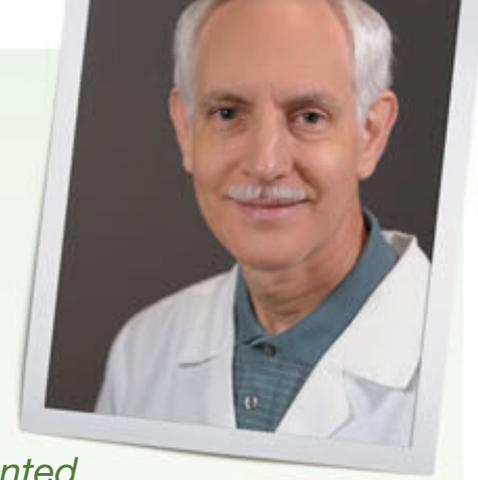
WHILE **13%** SAY THE TOOTH WAS LOST *while eating*.

The Tooth Fairy is a great way to teach children about good oral health habits.

- Introduce the Tooth Fairy early on and let your kids know that healthy habits make her happy.
- Leave a note from the Tooth Fairy praising your child's habits and reminding him or her to brush twice daily and floss once a day.
- Have the Tooth Fairy leave a toothbrush and floss to encourage good oral health habits.

To learn more about the Tooth Fairy and take the poll,  
visit [TheOriginalToothFairyPoll.com](http://TheOriginalToothFairyPoll.com)

# brushing up



*Ever wonder what your dentist is really thinking? Grin! wanted to find out, too, so we talked to Delta Dental network dentist **Dr. Mark Waltzer** of Waltzer Dental in New Jersey.*

## **What advice do you give your patients?**

We can only help you maintain your oral health if you pay attention to our recommendations and come in regularly for maintenance.

## **What's the best dental advice you've ever received?**

Don't forget that there's a person attached to that tooth you're working on!

## **Do you brush and floss as much as you recommend?**

Yes, we practice what we preach.

## **What's your favorite dental joke?**

Q: What did the hygienist call the x-ray?

A: A tooth pic!

## **Do you have any cavities?**

I had a mouthful as a kid – we used to drink a lot of soda. Now I have them under control, but restorations wear out eventually.

## **If you could tell patients to stop doing one thing, what would it be?**

Smoking!

*If you'd like to recommend your dentist for a Brushing Up interview, email [grin@deltadental.com](mailto:grin@deltadental.com) with his or her name and contact information.*

## **keeping you covered: the benefits of using an in-network dentist**

Choosing a Delta Dental in-network dentist doesn't just save you money – it also helps ensure that you receive the best care available.

At Delta Dental, we require our network dentists to meet professionally recognized standards for quality, making sure they are properly licensed and follow accepted best practices for cleanliness and safety. And because we establish consistent and fair fees, you'll know you're receiving quality care while saving on out-of-pocket costs.

More than four out of five dentists nationwide participate in the Delta Dental Premier® network – the largest dentist network in the nation. That makes finding an in-network dentist easy. Visit [deltadental.com](http://deltadental.com) or use the Delta Dental mobile app to find a participating dentist in your area, or to check whether your current dentist is in-network.