

# *DH tips for an HD smile!*

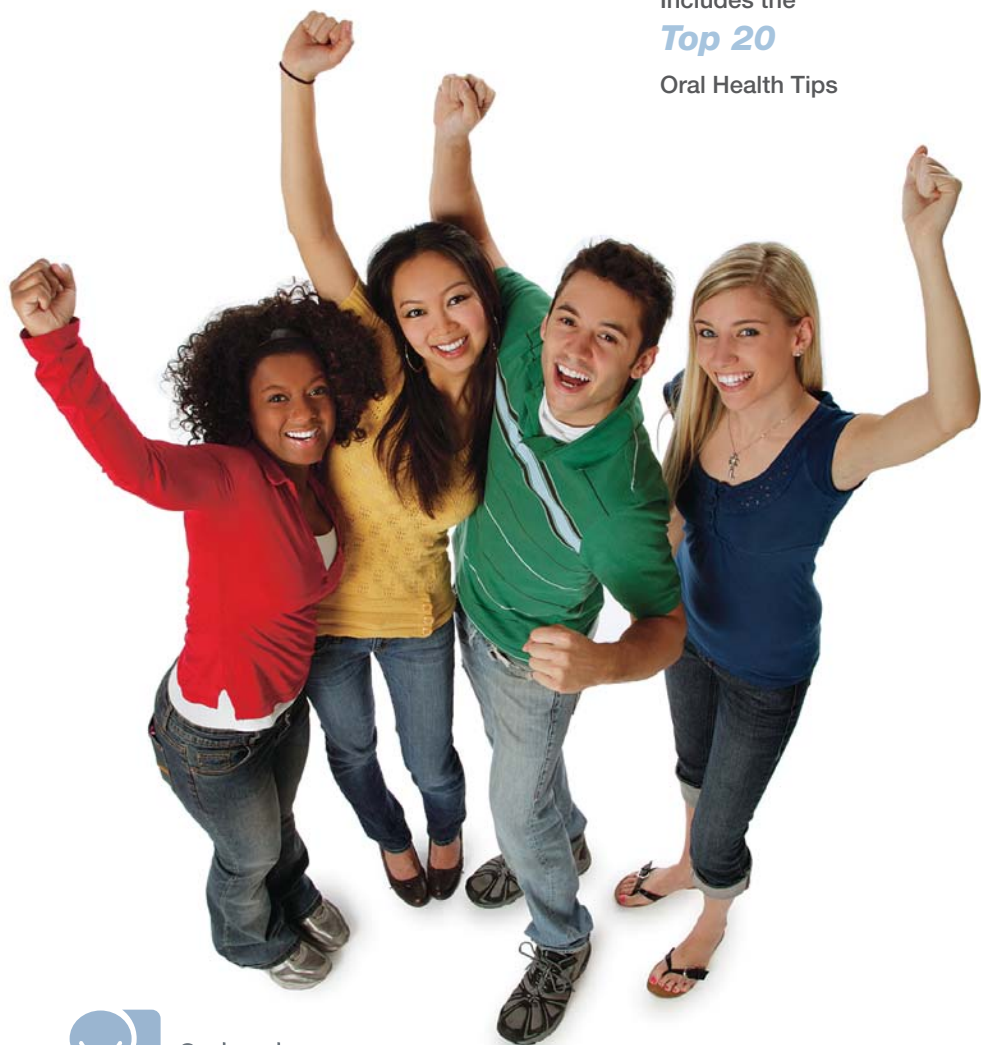
For Teens and Young Adults

Tips and Advice on Oral Health from your Dental Hygienist

Includes the

**Top 20**

Oral Health Tips



Ordre des  
**hygiénistes dentaires**  
du Québec

# Oral health: Much more than a nice smile...

## IT'S A REFLECTION OF YOUR OVERALL HEALTH.

Your mouth is a gateway. By being careful about:

- what you eat and drink
- your oral health
- your lifestyle

You can take care of not only your mouth, but also your whole body.

You already know about the risks of cavities and gum disease, but poor oral health can also affect the following:

- your appearance
- your self-esteem
- your ability to speak and pronounce
- your ability to chew and eat well
- your well-being (without pain in your mouth, jaws, ears or head)
- your overall health.

## YOUR DENTAL HYGIENIST CAN HELP YOU HAVE HEALTHY TEETH AND AN HD SMILE!

This brochure sums up everything you need to know about:

- *cool* and *not-so-cool* foods for your teeth
- hygiene of your mouth in HD
- prevention
- visits with your dental hygienist
- the secrets and insights of your DH

Your dental hygienist is someone you can trust!



# For starters, here are your dental hygienist's Top 20 tips

- 1 - **Your mouth** is the gateway to your body. Give it the attention it deserves!
- 2 - **Juice and acidic beverages** eat away at tooth enamel and this erosive wear is irreversible; so, limit your intake.
- 3 - **Mouth guards** protect your teeth while playing sports.
- 4 - **Oral piercings** can be bad for your mouth's health and your overall health.
- 5 - **Tobacco and drug use** leaves its mark in your mouth; your dental hygienist can answer your questions.
- 6 - **Tooth whitening** is best done at the dental clinic, where you can get expert advice.
- 7 - **Bad breath** can generally be eliminated with daily oral hygiene, a healthy lifestyle and a professional teeth cleaning from your DH, since 90% of its causes originate in the mouth.
- 8 - **Red gums that bleed easily** can be addressed at your dental cleaning; your dental hygienist can help you find and eliminate the causes.
- 9 - **Diseases transmissible by mouth** can be prevented if you keep your mouth healthy and free of lesions or bleeding.
- 10 - **Teeth grinding** can cause tooth wear and jaw pain; an occlusal splint can be a good solution.
- 11 - **Brush** at least twice a day with fluoride toothpaste and a soft-bristle brush; evening brushing is your most important.
- 12 - **Get a new brush** every season, after a fever or contagious illness, or as soon as the bristles are flattened or worn, and never share your toothbrush.
- 13 - **Floss** once a day to remove food stuck between your teeth and the biofilm that a brush can't dislodge. This way, you prevent bad breath, cavities and gum disease!
- 14 - **Clean your tongue** once a day with your brush or a tongue scraper.
- 15 - **If you can't brush right away**, rinse your mouth with water, eat fruit, a crunchy vegetable or a piece of firm cheese like cheddar.
- 16 - **Snacks** such as fruit, fresh vegetables and cheese are the best. Rich in calcium, cheese is a protective food that helps prevent cavities by reducing saliva's acidity and slowing down bacterial activity.
- 17 - **Sweet and sticky foods** should only be eaten at the end of a meal, when there's more saliva to neutralize cavity-causing bacteria.
- 18 - **Get enough dairy products** every day.
- 19 - **Sealants** can protect the crevices in your teeth.
- 20 - **Regular visits with your dental hygienist**, the expert and your accomplice in always keeping that HD smile!

# Tips and advice on *cool* and *not-so-cool* foods for your teeth

## SUGAR: IT'S EVERYWHERE!

Bacteria use sugar to produce an acid that triggers the first stage of cavities in dental enamel. The more sugar we consume, the more cavities progress and spread into the tooth where the dentin and nerve are located.



Be curious! Read the ingredient label of your favourite foods. If sugar is often on the list, it's best to eat these foods, especially if they are sticky, at the end of a meal. That's when the mouth produces more saliva, which can neutralize cavity-causing bacteria.

## SUGAR, A.K.A....

Look out for these ingredients too:

- glucose
- fructose
- maltose
- dextrose
- honey
- corn syrup

**Tip:** Ingredients are always listed in descending order. Those at the top of the list are present in larger quantities.



## IS YOUR FAVOURITE BEVERAGE EATING AWAY AT YOUR TOOTH ENAMEL?

Acidic beverages are edging out tap water and milk. This is tragic! These liquids “melt” tooth enamel. Teeth then become less white and more sensitive, lose their lustre and can easily break.



### Examples of acidic beverages:

- sports drinks, energy drinks, power drinks and soft drinks—with sugar and “sugarless”
- flavoured water and iced tea
- fruit and vegetable juice, alcohol and coffee
- drinks with an acid (citric or phosphoric, for example) as an ingredient



### Solutions:

- limit your consumption of these beverages
- drink them only with meals, and don't keep them in your mouth for too long
- afterwards, rinse your mouth with water or chew sugarless gum
- wait an hour before brushing your teeth: acid softens enamel, which can then be further eroded by brushing friction

## WOW! YOU CAN NOW CREATE YOUR OWN FOOD GUIDE!

Search for “My Canada's Food Guide” on the Internet, and you will discover an interactive tool.

Health Canada Santé Canada
Your health and safety... our priority. Votre santé et votre sécurité... notre priorité.

## My Food Guide

Name: \_\_\_\_\_

### My Numbers

Girl aged 14 to 18

<b>Vegetables and Fruit</b>	<b>7</b>
Eat at least one dark green and one orange vegetable each day. Choose vegetables and fruit prepared with little or no added fat, sugar or salt. Have vegetables and fruit more often than snack.	
<b>Grain Products</b>	<b>6</b>
Make at least half of your grain products whole-grain each day. Choose grain products that are lower in fat, sugar or salt.	
<b>Milk and Alternatives</b>	<b>3-4</b>
Drink skim, 1% or 2% milk each day. Select lower fat milk alternatives.	
<b>Meat and Alternatives</b>	<b>2</b>
Have three alternatives each in the same amount of fat or oil. Eat at least two Food Guide Servings of fish each week. Select lean meat and alternatives prepared with little or no added fat or oil.	

### My Examples

Each example represents 1 Food Guide Serving

Pepper, sweet, 125 mL, 1 cup, ½ medium	Parsnips, 1 medium	Potato, 1 medium	Brussels sprouts, ½ cup	Orange, 1 medium	Potato, baked, 125 mL, 1 cup, ½ medium
Cornmeal, 30 g	Whole grain, ½ cup	Pasta, whole-grain, 125 mL, ½ cup, cooked	Pancakes, plain, 100 mL, 2 eggs	Whole wheat, 125 mL, ½ cup, cooked	Rice, white, 125 mL, ½ cup, cooked
Buttermilk, 125 mL, 1 cup	Milk, 175 g (1½ mL, ½ cup)	Yogurt, 125 mL, ½ cup	Cheese, 25 g, 1 oz	Milk, 125 mL, ½ cup	Milk, 125 mL, ½ cup
Beans, 175 mL, ½ cup	Eggs, 2	Pork tenderloin, 25 mL, 2 Tbsp	Beef, 25 g (12 to 14 g)	Pork, 25 g (12 to 14 g)	Turkey, 25 g (12 to 14 g)

Accumulate at least 60 minutes of moderate to vigorous physical activity everyday.

Use with Canada's Food Guide

Here are the examples you choose:

- Aerobics
- Snowboarding
- Dancing
- Swimming, continuous
- Skateboarding
- Water aerobics

www.healthcanada.gc.ca/foodguide

Canada

### BITE ON THIS!

Choose fresh fruits and vegetables, and cheese as a snack. Rich in calcium, cheese is a protective food that helps prevent cavities by reducing saliva's acidity and slowing down cavity-causing bacteria.

# Tips and advice on oral hygiene

Hormonal changes can affect your gums, and biofilm (dental plaque) can make this worse.

## Healthy gums:

- pink and firm



(1)

## Abnormal gums:

- red and swollen
- sensitive and bleed easily



(1)

But good daily oral hygiene is all you need to make those gums healthy again.

## A WINNING STRATEGY!

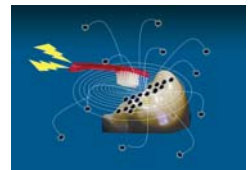
- Brush your teeth at least twice a day.
- Choose a toothbrush with soft bristles.
- Rinse your brush well after each use and replace it every season, after a fever or contagious disease, or as soon as the bristles become curved or flattened by wear.
- Never share your toothbrush.



(1)

## IS AN ELECTRIC TOOTHBRUSH BEST?

It may help motivate you and make dental hygiene easier, particularly during orthodontic treatments. Talk to your dental hygienist, who will first consider your mouth, dental hygiene, treatments (e.g. orthodontic), health and personality before recommending an electric toothbrush.



## WHAT TOOTHPASTE DO I CHOOSE?

Opt for a toothpaste with fluoride; a pea-sized amount is enough for each brushing. Your dental hygienist has the training and expertise to help you determine if you need toothpaste with added protection (tartar fighting or antibacterial, for example).



(1) : Sunstar Americas Inc.

## CAN'T BRUSH AFTER A MEAL OR SWEET SNACK?

Here are some effective suggestions:

- Rinse your mouth with water.
- Chew sugar-free gum; this stimulates saliva, which acts as a natural cleaner.
- Chew celery, a carrot or an apple; these foods help remove food particles.
- End a meal or snack with a piece of cheese such as cheddar.



## CLEAN YOUR TONGUE TOO!

Dead cells, biofilm and food particles hide in the tongue's crevices. For fresher breath, clean your tongue once a day with a toothbrush or tongue scraper.

## FOOD STUCK BETWEEN TWO TEETH CAN SPOIL YOUR BREATH AND YOUR *SEXY* SMILE...

No toothbrush can clean between touching teeth, so cavities and gum disease may develop there. Only dental floss can fully clean between teeth. Floss at bedtime; it's the perfect way to "wind-up" your evening!

## FIND THE FLOSS FOR YOU!

- Discover the many different kinds of floss by trying them out:
  - fine, wide, round or flat
  - stretchy or resistant to fraying
  - tape or with multiple fibres
  - mint, gum or fruit flavoured
  - white, pink, green, blue or purple
- Test various floss holder models.



## BEAT BAD BREATH TO BE AT YOUR BEST!

Bad breath (halitosis) may be occasional or chronic, meaning that it persists despite good oral hygiene. Hormonal changes, illnesses or medications can affect your breath. But bad breath usually originates in the mouth and is caused by poor dental hygiene or a problem such as:

- cavities, abscesses, tartar or gum disease
- mouth breathing, tobacco and certain foods

## IS MOUTHWASH A GOOD SOLUTION?

Its effect is temporary and it masks the issue without solving it. Also, mouthwashes with alcohol dry out your mouth.





# Tips and advice on prevention

## IF YOU PLAY SPORTS, PROTECT YOUR SMILE!

Mouth guards (or mouth pieces) are great for all sports where there is a danger of hits or falls. They reduce:

- risk of concussions
- risk of jaw or tooth fractures
- severity of injuries to the lips and mucous membranes of the mouth



## MOUTH GUARDS ARE NOT JUST FOR HOCKEY!

Mouth guards are also recommended for practices, matches and competitions in martial arts, baseball, basketball, bicycling, boxing, football, handball, wrestling, inline skating, skateboarding, snowboarding, skiing, soccer or tennis.

Two types of mouth guards are available:

- preformed, available in sports stores
- custom-made in a dental clinic



## FLUORIDE IS YOUR ALLY!

Choose a fluoride toothpaste, because fluoride is known to fight cavities:

- It stops bacterial activity and the decalcification process.
- It promotes the remineralization of enamel.

Your dental hygienist may also recommend a professional fluoride application.

## WHY SEAL PITS AND FISSURES?

Sealing agents cover crevices on the tooth surface and can be recommended for:

- the second adult molars that grow around age 12
- the premolars that replace baby molars between ages 10 and 13





# Tips and advice on visits with your dental hygienist

## WHY YOU SHOULD VISIT YOUR DENTAL HYGIENIST REGULARLY?

Even if you brush your teeth at least twice a day and use dental floss, some areas of your mouth are more difficult to reach, which means:

- biofilm can harden and become tartar
- cavities can develop
- bacteria can cause gum infection



## A PREVENTIVE VISIT WITH YOUR DENTAL HYGIENIST MAINLY INVOLVES:

- questions about your health, to better understand what is going on in your mouth
- screening to detect
  - early stage cavities
  - gum infections
  - problems with alignment or teeth crowding
  - lack of space
  - missing teeth
- scaling to remove hardened and calcified deposits
- teeth polishing to remove stains and make your teeth smooth
- personalized advice
- answers to your questions and concerns
- planning the treatments required after the dentist's diagnosis

The recommended frequency of visits mainly takes into account:

- the condition of your teeth and gums
- your dental hygiene
- your overall health



# Secrets and insights from your DH

## ORAL PIERCING: AN OPEN DOOR!

Tongue, cheek and lip piercings and tattoos are a form of personal expression that can have serious consequences. The mouth is a warm, moist environment with many blood vessels and a large amount of bacteria.

### 1 ml of saliva = 100 million bacteria!

In addition to the risks of infection, allergy, hemorrhaging and blood-borne infections, such as hepatitis B and C and HIV/AIDS, there is a risk of gums receding and teeth breaking.



The mouth is a gateway for bacteria and viruses. In addition to brushing and flossing, you must:

- brush the jewellery, because tartar can form on it
- clean the pierced area with a cotton swab
- use a good antiseptic mouthwash

Ideally, you should remove the jewellery during your dental hygiene routine and while eating, sleeping and playing any contact sports.

Also, make sure your piercer or tattoo artist meets sterilization standards.

## BULIMIA AND ANOREXIA DAMAGE TEETH

Gastric acid produced by frequent vomiting eats away at tooth enamel. Teeth can become worn, broken or sensitive and need repairs, such as fillings, root canals or crowns.



## METH, COCAINE AND TEETH

In addition to causing serious health problems, these drugs and their derivatives have terrible effects on teeth.

Ever heard of “meth mouth”? The corrosive ingredients of meth (methamphetamine) turn teeth grey-brown and can cause them to quickly disintegrate or become crooked, sensitive and to fall into pieces.



## WHITENING IS BEST DONE IN A DENTAL CLINIC!

Surface stains caused by tobacco, coffee, iced tea and colas can usually be removed by your dental hygienist during cleaning.

If you want whiter teeth, be aware that the various bleaching products produce different results. It's best to talk to your dental hygienist, who can help you choose after assessing the condition of your mouth and teeth.

## TEETH GRINDING EATS AWAY AT YOUR SMILE

Nighttime teeth grinding is an involuntary and unconscious reflex called “bruxism”. It occurs among 12% of teens and 8% of adults and may cause:

- tooth wear resulting in tooth sensitivity
- morning jaw pain



An occlusal splint can be a good solution. This hard plastic mould is made from an impression of the teeth. It's placed on the teeth and helps prevent them from wearing down because of grinding during the night. It also reduces jaw stiffness.

## TOBACCO

All forms of tobacco (cigarettes, cigarillos and chewing tobacco) are highly addictive and can damage your oral and overall health with:

- teeth and tongue stains
- bad breath and gum disease
- heart and lung disease
- mouth, lip, throat and other cancers

The first signs of tobacco's harmful effects appear in your mouth. Your dental hygienist must inform you of these signs and can even help you quit.

Some interesting sites:

- [www.lagangallumee.com/en/](http://www.lagangallumee.com/en/) (Youth Coalition Against Smoking)
- [www.iqitnow.qc.ca](http://www.iqitnow.qc.ca) (teen or adult version)
- <http://www.quit4life.com>

If you can stomach it, search for "The Smoker's Body".



## WISDOM TEETH (THIRD MOLARS) ARE NOT ALWAYS WISE

Some people don't have these teeth, and this has no consequences or particular significance.

If they do come in, it usually happens between age 16 and 21. A panoramic radiography may be needed to detect them and their position, be it upright, "lying down" or impacted, for example.

These molars may need to be removed:

- if they are poorly positioned or lack space,
- if they are likely to cause infections or pain, or
- when they can damage other teeth.



## ORTHO + YOUR EFFORT = SUCCESS BUT ORTHO + 0 EFFORT = FAILURE

Orthodontics is great for correcting:

- overlapping or poorly positioned teeth
- the shape or alignment of the jaws, called “occlusion”

This treatment, which demands a lot of your time for appointments, can quickly give amazing results that will last your entire life. Here is the key to success:

**“Follow your dental hygienist’s instructions to the letter and be thorough with your dental hygiene!”**



## ULCERS

These non-contagious white lesions with a red border develop in the mouth, on the inside cheeks or on the tongue and lips. The exact causes are unknown, but there may be many. These lesions normally heal within 7 to 10 days and can reappear from time to time. For relief, you can:

- rinse with warm salt water
- avoid acidic or spicy foods and beverages

## HERPES

Herpes is caused by a virus and can affect the mouth (cold sore) or genital area. It's contagious and usually spreads through direct contact with the sore. Sores normally disappear in 7 to 10 days, but, since infected people remain so for life, herpes reappears periodically.

## WHY DO SOME PEOPLE HAVE LOTS OF CAVITIES AND OTHERS DON'T?

Cavities are the result of a combination of factors, which can vary for each person:

- enamel (hardness and shape)
- saliva bacteria
- dental hygiene
- food

Cavities can be avoided if these factors are addressed; nevertheless, they are the most widespread infectious, chronic disease transmitted by saliva.

## GINGIVITIS AND PERIODONTITIS

These gum diseases, called periodontal diseases, are often painless, but you must watch out for their progression. Inflammation of the gums (gingivitis) is common during puberty. If it's not cured, it progresses and can attack the bone under the tooth, causing periodontitis. Without treatment, bone loss and loosening can lead to tooth loss.

The first signs are:

- redness, swelling or tenderness
- bleeding when brushing or flossing
- receding gums
- persistent bad breath
- displacement of the teeth or a change in the way they fit together



Gingivitis and periodontal bacteria, which are transmissible from person to person, can also be swallowed or inhaled and lead to other health problems. By controlling gum disease, you ward off the progression and complications of other diseases in the rest of your body.

### ARE OTHER DISEASES TRANSMISSIBLE BY MOUTH?

Saliva can transmit several inconvenient but minor diseases such as the cold and stomach flu. However, some sexually transmitted infections (STIs) and blood borne and sexually transmitted infections present in saliva may be transmitted through cuts or lesions inside the mouth. The best protection is to always keep your mouth healthy and free of bleeding.



Good oral health is sure to give  
your overall health a boost!





# Your DH can help you keep that HD smile and stay healthy!

Dental hygienists know how important good oral health is to your overall health, personal development and self-esteem. These prevention specialists are always ready to help. More than 5,400 dental hygienists practise in Québec!

## DO YOU WANT TO LEARN MORE ABOUT THE DENTAL HYGIENIST PROFESSION?

This young and dynamic profession focuses on prevention and education. Dental hygienists have a DEC from one of nine recognized colleges in Québec and benefit from a job placement rate close to 100%.

These healthcare professionals work in dental clinics or health care institutions, where they detect dental oral diseases and teach the principles of oral hygiene. Dental hygienists use scientific control and prevention methods (polishing, fluoride or sealant) and perform delegated dental acts (X-rays, scaling and insertion of filling materials).

Visit the *Ordre des hygiénistes dentaires du Québec*'s website at [www.ohdq.com](http://www.ohdq.com).

