

Healthy Mouth Healthy Body

While your eyes might be the window to your soul, your mouth is the window to your body.

Many health concerns and diseases can be detected through a thorough dental examination. Some examples of these health concerns are cancer, infection, diabetes, auto-immune diseases such lupus and Sjogren's disease, and heart disease.

And, of course, diseases that affect your oral health—tooth decay, gum disease, tooth infection, oral cancer, fungal infections, yeast infections, and halitosis (bad breath!).

Don't let your body's health be affected by an unhealthy mouth. Regular check-ups help keep you chewing and moving!!

Ninzhoomiingwenimin
(We smile)

St. Croix Tribal Health Clinic Dental Department

What is.....

plaque? Plaque is a sticky film of bacteria, that constantly forms on your teeth. When you eat or drink foods containing sugars or starches, the bacteria in plaque produce acids that attack tooth enamel. The stickiness of the plaque keeps these acids in contact with your teeth and after many such attacks, the enamel can break down and a cavity forms.

cavity? A cavity in your tooth is known as tooth decay or caries. Tooth decay is a destruction of the tooth enamel. It occurs when foods containing carbohydrates (sugars and starches) such as milk, pop, raisins, cakes or candy are frequently left on the teeth. Bacteria that live in the mouth thrive on these foods, producing acids as a result. Over a period of time, these acids destroy tooth enamel, resulting in a cavity.

- *Brush twice a day with a fluoride toothpaste*
- *Clean between your teeth daily with floss*
- *Eat nutritious and balanced meals*
- *Visit your dentist and dental hygienist regularly for professional cleanings and oral examinations*

2 is *too* late . . .



**Babies and
toddlers get
cavities too!**

Did you know that tooth decay (cavity) is the most chronic disease of children in the United States?

Bacteria are transmissible from one mouth to the next. This means that you, as a parent or caretaker, can transfer the bacteria in your mouth to your child's mouth. If you have bacteria that cause cavities or periodontal disease, these bacteria could be transferred to your child, leading to cavities or periodontal disease in their mouth. One of the best things you can do for your child is to make sure that all of your child's caregivers, yourself included, are up to date on their dental cleanings and are cavity-free, so there is less chance for bacteria to be spread from their mouths to your child's mouth.

Dental visits to check on baby teeth are also very important. A child's first visit should be as soon as the first tooth comes in or by the age of one. At this visit, you will learn tips on how to protect your baby's oral health now and as they grow. The dental team will check your child's teeth and oral tissues, will talk to you about bottle feeding and thumb sucking and how these can impact the mouth and teeth and answer any questions you may have.

Aabinoojiyaag
(children)

No Cavity Club

- Ages 2—12 years
- Picture on display board



Call for an appointment for your child today!