

# Healthy People

## **Dental X-rays**

When you go to the dentist for a routine exam, X-rays will likely be taken. X-rays help the dentist see damage or disease that they can't see just by looking at your teeth.

The American Dental Association offers some helpful information about dental X-rays:

- How often X-rays should be taken depends on your present oral health, your age, your risk for disease, and any signs and symptoms of disease. For example, children may require X-rays more often than adults because their teeth and jaws are still developing and their teeth are more likely to have tooth decay than those of adults. Your dentist will review your history, examine your mouth and then decide whether or not you need X-rays.
- If you are a new patient, the dentist may recommend X-rays to check your oral health and have a baseline to help identify changes that may occur later. A new set of X-rays may be needed to help your dentist detect any new cavities, determine the status of your gum health or evaluate the growth and development of your teeth. If a previous dentist has any X-rays, your new dentist may ask you for copies of them. Ask both dentists to help you with forwarding your X-rays.
- Dental X-rays are safe. They do require very low levels of radiation exposure, but the risk of potentially harmful effects is very small.



If you have specific questions about dental X-rays be sure to discuss them with your dentist at your next appointment.

## **Healthy Mouth Recipe**

If you are looking for a healthy side dish for your holiday meal, look no further! Super healthy carrots get some extra oomph with fresh mint. Yummy!

### **Baby Minted Carrots**

6 cups water  
1 pound baby carrots, rinsed  
1/4 cup apple juice  
1 tablespoon cornstarch  
1/2 tablespoon chopped fresh mint leaves  
1/8 teaspoon ground cinnamon



### **Directions**

Put 6 cups of water into a large saucepan. Add the carrots and boil until tender-crisp, about 10 minutes. Drain the carrots and set aside in a serving bowl.

In a separate saucepan over moderate heat, combine the apple juice and cornstarch. Stir until the mixture thickens, about 5 minutes. Stir in the mint and cinnamon. Pour the apple juice mixture over the carrots. Serve immediately.