

Healthy People

Cavities

If you've ever been told by a dentist that you have a cavity, you know it's no fun. But did you know that there are ways to prevent cavities starting in infancy? True! Read on...

According to the American Dental Association, there are some key things that can be done to prevent cavities from forming.

Babies, Toddlers and Pre-Schoolers:

- After each feeding, clean the baby's gums with a clean wet gauze pad or washcloth.
- When teeth start to appear, brush with a child-size toothbrush and plain water.
- Begin flossing when at least two teeth begin to touch.
- Start dental visits by the child's first birthday and continue regular appointments.
- After age two, use a pea-sized amount of fluoride toothpaste and floss daily. Be sure to keep the child from swallowing toothpaste.

School-Age Children and Adolescents:

- Starting about age six or seven, children should be able to brush their own teeth twice a day, but often require supervision until age 10 or 11.
- Continue regular visits to the dentist.
- Consider dental sealants.
- Adolescents may need to be reminded to practice good oral hygiene and the importance of regular dental check ups. It is also important to reinforce the importance of making nutritious food and beverage choices as well as the risks of oral piercings and tobacco use.

Adults:

- Continue to brush twice and floss once every day.
- See the dentist every six months for cleaning and a check up.
- Avoid frequent snacking and sipping (other than water) which causes your teeth to be constantly under attack by bacteria.
- Eat foods that protect your teeth such as cheese, fresh fruits and vegetables, unsweetened coffee and tea. Sugar free gum can also help to wash away food particles in between brushings.



Mouth Healthy Recipe

Slow Cooker Oats

Ingredients:

- 1 cup steel cut oats
- 1½ cups water
- 1 cup apple – peeled and chopped
- ½ cup raisins
- 2 tablespoons butter
- 1 tablespoon ground cinnamon
- 2 tablespoons brown sugar
- 1 teaspoon vanilla extract

Directions:

Place all the ingredients in a slow cooker. Stir to combine the ingredients and dissolve the brown sugar. Cover the cooker, set to low and allow to cook for 6 to 7 hours. Increase time to 8 hours for a softer texture.