



Healthy People Dental

DON'T LIKE FLOSSING? HERE ARE SOME GREAT ALTERNATIVES THAT'LL GET THE JOB DONE!

When it comes to dental floss, what's the best kind? Well, if you ask a dentist, they'll tell you the best dental floss is the floss you'll actually use. That could be Teflon floss, dental tape, nylon floss, waxed floss, and flosses with or without flavors – there are a lot of choices! There are also a number of ways to get your flossing done that don't have you wrapping a long string of floss across your fingers and deftly maneuvering your hands in such an enclosed space. Enter the oral irrigator, the vibrating flosser, and the dental pick! Which might be best for you?

Dental Pick: If you're prone to ignore flossing, you may want to consider a good old' fashioned dental pick. You've no doubt seen these before (sometimes cast aside on the sidewalk!) ... they look similar like a plastic toothpick with a strand of dental floss strapped across a wide u-shaped tip. The simplicity and compact nature of these little portable floss "picks" seem to add to their convenience, and kids seem to love them when they're first learning to floss. We'll bet you can find at least one colleague in your office who has a few in their purse or desk for those moments when lunch lingers on the teeth a bit longer than appreciated!



Electric Flossers: Depending on the brand, electric flossers are known by a variety of names, and searching for these handy little devices can be somewhat maddening online (trust us!). You may be best just wandering into the drug store or supermarket to explore in person! There are vibrating flossers, power flossers, and air flossers. Picking the one that's right for you depends on the task at hand. Power flossers and air flossers seem best if you're dealing with space concerns near the gum line, and may be a good substitute for an interproximal toothbrush. A vibrating flosser, on the other hand, looks much like a dental pick and because of its design, can cover the entire length of the tooth. Ask your dentist which is best for you.

Oral Irrigator: An oral irrigator is a device that uses a pulsating stream of water to remove plaque and food debris from between your teeth. There are a variety of instruments on the market, and your dentist can recommend one based on the health of your gum tissue and budget. Oral irrigators are remarkably effective at keeping gum tissue healthy, and have been shown to reduce pocket depth due to periodontitis. "Pocket depth," refers to the depth of the gum tissue that immediately surrounds your teeth. You may not know it, but that's what your dentist or hygienist is testing for when they're poking that instrument in your mouth during an exam and calling out numbers!

It's worth noting that each of these devices, while recommended, should be considered as supplements to normal flossing – still your best choice. But, if you have dexterity concerns, are purchasing something for a youngster, or just want to ensure your teeth are the cleanest they can be, these tool are great options!

Healthy Mouth Recipe

For a change of pace, instead of a recipe, here is some good news about dark chocolate and your oral health.

Dark Chocolate: The Treat You Can Feel Good About
High quality dark chocolate with a high cocoa content is very nutritious.

- Dark chocolate has an anti-bacterial affect on the mouth and protects against tooth decay.
- Dark chocolate can improve blood flow to the brain, therefore improving brain function.
- Dark chocolate and cocoa possess a wide variety of powerful antioxidants, way more than most other foods.
- Dark chocolate improves your mood and can even curb your appetite.
- Dark chocolate can improve blood flow and lower blood pressure.
- Consuming dark chocolate can improve several important risk factors for heart disease.
- Dark chocolate can protect against sun-induced damage, improve blood flow to the skin and increase skin hydration.
- Remember, this doesn't apply to a chocolate candy bar. Organic, dark chocolate with 70% or higher cocoa content is what has these nutritional benefits. They can be found in the organics section of most grocery stores. So trade in your M&Ms this afternoon for a few squares of a dark chocolate bar, like Alter Eco Dark Blackout Organic Chocolate and your body will feel the difference!