



# Healthy People Dental

## 12 Signs You Need to See a Dentist

- **You have Pain**  
Pain or swelling in your mouth, face or neck can mean a number of things.
- **Your Gums Are Acting Up**  
If your gums are puffy, they bleed when you brush or floss, or you have a family history of gum disease, it's time to make an appointment.
- **You Try to Hide Your Smile**  
Whether you're self-conscious about a missing tooth or hoping for a brighter smile, don't be shy about talking to your dentist.
- **You've Had Work Done**  
If you have fillings, crowns, dental implants or dentures, see your dentist regularly to make sure everything is in great shape.
- **You Have Ongoing Medical Issues**  
Make your dentist part of your team if you have a medical condition (such as diabetes, cardiovascular disease, eating disorders or are HIV positive), or you are undergoing medical treatment (such as radiation, chemotherapy or hormone replacement therapy).
- **You're Pregnant**  
It's safe to go to the dentist while pregnant. In fact, pregnancy can make some dental problems worse, so don't miss your regular checkup.
- **You're Having Trouble Eating**  
Difficulty chewing or swallowing is not the norm. Try eating soft or liquefied foods until you can see your dentist.
- **You Have Dry Mouth**  
Always feeling parched could be the sign of a medical issue or a medication side effect. Learn more about dry mouth .
- **You Use Any Kind of Tobacco**  
From bad breath to oral cancer, cigarettes and chewing tobacco are harmful to your overall and dental health.
- **You're Having Jaw Pain**  
Make an appointment if your jaw sometimes pops or is painful when opening and closing, chewing or when you first wake up. See a dentist also if you have an uneven bite.
- **Your Mouth Has Spots and Sores**  
If there's something that doesn't look or feel right in your mouth, your dentist should examine any mouth sore that lasts a week or longer. Types of mouth sores include canker sores, cold sores, leukoplakia and candidiasis. They vary in their severity and causes. Mouth sores could be the symptom of a disease or disorder; infection from bacteria, viruses or fungus or result from irritation caused by braces, dentures or the sharp edge of a broken tooth or filling.
- **It's Time For Your Checkup**  
Even if you don't have any symptoms, checkups are important because they can help prevent problems from developing and treat existing symptoms before they become more advanced.

### Healthy Mouth Recipe

#### **Crunchy Chopped Salad**

1 cup celery, chopped  
1/4 cup red pepper, chopped  
1 tablespoon onion (red, green or white) finely chopped  
4 leaves fresh basil, chopped, or 1/4 teaspoon dried basil  
2 drops stevia, or 1 teaspoon honey, to taste  
1 teaspoon raspberry vinegar  
1 teaspoon cold pressed extra virgin olive oil (optional)  
Sea salt, a pinch or two to taste  
Fresh ground pepper to taste

Directions: Chop the veggies and basil, if using fresh, and place in a medium bowl. If using dried basil, keep in a separate bowl. In a small bowl, mix the vinegar, stevia (or honey), salt, pepper, olive oil and 2 teaspoons of water. Add dried basil if using this instead of fresh. Stir and pour over veggies. Toss well to coat.

