



HealthyPeople·Dental

NEW YEAR ■ NEW DENTAL AWARENESS

1 Eat a Better Diet

While good brushing habits can drastically reduce the risk of tooth decay, it's only part of the equation. It's also important to avoid certain types of foods that leave your teeth more susceptible to damage. This includes sticky foods that are high in carbohydrates, along with sugary sodas that contain a lot of enamel-corroding acid. On the other hand, there are a number of foods that promote dental health, including apples, carrots, yogurt, leafy greens, and celery.

2 Brighten Your Smile

We'd all like to love in a world that values our abilities over our appearances. Unfortunately, modern society isn't a perfect place. Research has shown that people tend to judge others based on the color of their teeth, with some studies showing that whiter smiles lead to more success both in business and in personal relationships. If you are unhappy with the color of your teeth, consider seeing your local dentist for a professional whitening treatment. You should also do your best to rinse your mouth with clean water anytime you consume coffee, tea, wine and other beverages that are likely to stain your teeth.

3 Straighten Your Teeth

Crooked teeth can have a big impact on a person's well-being. Not only do they contribute to low self-esteem, misaligned teeth can cause people to be less outgoing in business and social environments. If you've been living with misaligned teeth, the new year provides an ideal opportunity for you to do something about it. These days, there are a number of options available for adults who want to straighten their smiles without the use of noticeable, metallic braces. Consider a consultation with a local dental professional to see if these subtle straightening treatments are appropriate for you.

4 Dump the Tobacco

Cigarettes and smokeless tobacco increase the risk of gum disease, oral cancers, and discoloration. If you regularly use tobacco products, take the new year as an opportunity to leverage free online tools, nicotine gums, patches, smoking cessation groups, or modern progress-tracking apps to help you quit for good.

5 See Your Dentist

This year, resolve to make regular visits to the dentist every six months to check for signs of oral disease. This is especially important if you have any previous or existing conditions that could point toward continuing issues down the line.

