

September



ST ARMANDS KEY LUTHERAN CHURCH

POTTY POST

Cherish your Chompers

Want to keep your teeth? Follow these surprising tips.

- 1. Break a sweat.** Exercise may lower your risk of gum disease, says Samuel Low, DDS, former president of the American Academy of Periodontology.
- 2. Power up.** Use a high quality electric toothbrush with a small head, says Greg Diamond, DDS. "They are optimized to remove plaque."
- 3. Go beyond floss.** If your gums recede (as even healthy gums can), interdental brushes, which look like tiny pipe cleaners, may work better than floss, which can miss the plaque at the root.
- 4. Wait to brush.** It takes about 30 minutes to an hour for saliva to neutralize the acids in foods. "Brushing immediately after eating can brush the enamel away," Diamond warns.
- 5. Watch your gums.** Insist your dentist examine your gums with a probe. If the pocket surrounding a tooth is deeper than 3 mm, you might have gum disease.
- 6. Get off the bottle.** Many bottled waters lack fluoride. Consider adding a filter to your tap instead.
- 7. Wet your whistle.** Teeth depend on saliva to remove microbes. If your mouth is dry, prescription rinse can help.
- 8. Avoid Sugar**— including agave nectar, barley malt syrup, corn sweetener, dextrin, dextrose, fructose, saccharine, sucrose, maltose, high fructose corn syrup, fruit juice concentrates, invert sugar, maltodextrin, malt syrup, maple syrup, molasses, honey, organic dehydrated cane juice, raw sugar, rice syrup, sorghum, treacle and turbinado sugar. Bacteria love refined carbohydrates as well as fruit sugars.
- 9. Use Xylitol.** A natural sweetener known as sugar alcohol, it actually changes the pH of the mouth and helps protect against oral diseases and keeps bacteria from producing plaque and reproducing. It is available in some brands of gum, toothpaste and mouth rinse. Be sure Xylitol is listed as one of the first two ingredients to ensure potency.

Exercise Classes

Get Fit - Tuesday & Thursday
8:45-9:30am

Theraband - Tuesdays & Thursdays
9:30-10:30 am

Basic Pilates - Tuesday 3pm



Any health concerns or questions? Call Tracey Rzepka, Parish Nurse at 388-3764

Do you know someone in the hospital or are you planning to have surgery or hospitalization?