Healthy Habits for an A+ Smile

Fall is the perfect time to schedule a dental exam for you or your children. Preventive care such as cleanings, x-rays and exams will help keep your smile healthy and happy. Fluoride treatments and sealants will help your kids develop good oral health habits for a bright future.

Some research shows that poor oral health may be connected to poor grades, and to absences in schools, which often leads to missed work for parents. Elementary students missed 2.1 days of school per year due to dental problems, while high school students missed 2.3 days. With kids missing school due to dental problems, parents missed an average of 2.5 days of work per year.

Looking for some healthy snacks to pack for your kid’s lunch? Try foods that are rich in calcium, vitamin D and vitamin C. Foods with calcium like milk, yogurt and cheese help promote healthy teeth and bones, and reduce the risk for tooth loss. Crisp fruits like apples and vegetables like carrots help clean plaque from teeth, while other foods with vitamin C help protect gums from bacterial infection.

Did You Know?

Pumpkins can help you get essential vitamins and minerals into your diet during the autumn months. Try some classic pumpkin munchies like pumpkin pie, pumpkin bread and roasted pumpkin seeds.

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1Source: http://dentistry.usc.edu/2012/08/10/poor-oral-health-can-mean-missed-school-lower-grades