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**SAVE THE
DATE**



*A New
Decade for
Oral Health:
THINK BIG*

10 Ways You May Be Putting your Oral Health At Risk and Not Even Realize

A lot of people think that brushing, flossing, and going to the dentist twice a year is good enough to maintain good oral health. In truth there are numerous daily habits that most people do every day or night that can have negative effects on their good oral health.

Here are ten seemingly harmless habits that may be putting your teeth at risk.



1. Snacking at night

Our mouths produce less saliva at night than they do during the day, and saliva is important for clearing food away from the teeth.

2. Drinking white wine

People shy away from red wine because it stains the teeth. But white wine can actually cause more permanent problems. White wines are highly acidic and can eat away the tooth enamel causing rough spots that will leave teeth more susceptible to stains from any colored foods and drinks.

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Oral Health Kansas
Conference**

*December
2nd & 3rd,
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3. Breathing through your mouth

When you breathe through your mouth, your mouth loses the saliva it needs to prevent tooth decay. With a lack of saliva, plaque can build, enamel can erode and cavities can form.

4. Consuming bottled water

Unlike tap water, bottled water may not have fluoride, which is important for oral health because this naturally occurring mineral offers crucial protection for the enamel that covers and protects teeth.

5. Biting your nails

Nail biting isn't just bad for your nails; it harms your teeth too. A study released by the Academy of General Dentistry tells us that habitual chomping on your nails can lead to fractured, cracked, chipped and worn front teeth.

7. Drinking directly from glasses, bottles or cans

Drinking beverages with sugar directly from a bottle or can coats your teeth with sugar and acid and over time cause tooth decay. Try sipping sugary drinks from a straw to avoid direct contact with your teeth.

8. Brushing your teeth with horizontal strokes

Horizontal brushing wears away tooth enamel. Dental professionals recommended using a soft bristled brush moving in a gentle circular motion.

9. Using your teeth to open plastic bags, seals on containers,

Ripping into a plastic package containing soy sauce or a plastic seal around a bottle with your teeth can chip or break them. In fact, using your teeth for anything but chewing is dangerous to your teeth.

10. Grinding your teeth

Dental professionals call this "bruxism" and when it occurs at night, it can lead to erosion of your tooth enamel and broken teeth.

THANK YOU TO OUR FUNDERS!

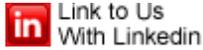
Oral Health Kansas would like to thank the funders who support our work in 2010:

**Healthcare Foundation of Greater Kansas City
Kansas Council on Developmental Disabilities
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The REACH Healthcare Foundation and United Methodist Health Ministry Fund also have committed to supporting Oral Health Kansas' operations in 2011.

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You

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