

You Don't Want to Miss Out >>>

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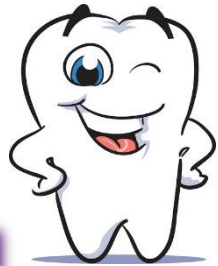
Issue
Two

Your monthly insight into maintaining your oral and overall health

Amazing Smiles

FAMILY DENTISTRY

April Newsletter



The Link Between Oral Health and COVID-19

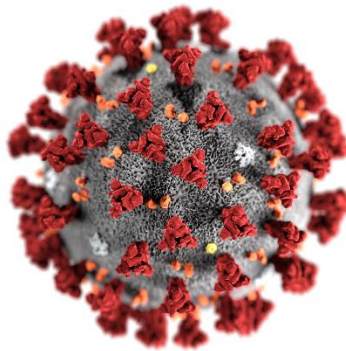
Keeping you and your loved ones safe...

Your mouth is home to billions of bacteria; some are friendly bacteria while others are harmful. When your oral hygiene regimen is properly done and your immune system is intact, the harmful bacteria is kept in check. However, when oral hygiene habits are poor—including insufficient brushing or flossing and too few professional cleanings—the harmful bacteria can cause tooth decay and gum disease.

This tooth decay and gum disease creates inflammation which, in turn, damages your gums' blood vessels and allows bacteria into the bloodstream.

By its nature, this bacteria not only invades the immune system, it manipulates it so the harmful bacteria can continue to survive.

As your immune system weakens, your susceptibility to diseases like the coronavirus and other infectious illnesses increases.



This harmful bacteria can also trigger other health issues such as cardiovascular disease, heart disease, pneumonia and, for expectant mothers, premature birth and underweight babies. And, as health officials continue to warn us, the coronavirus is more likely to be contracted by those with underlying medical conditions.

If you are experiencing any of the following signs of bacterial decay or infection, we strongly recommend you come see Dr. Chubb to address the issue:

- ❖ Severe tooth pain
- ❖ Swollen face, cheeks or gums
- ❖ Sensitivity to hot or cold food or beverages
- ❖ Sensitivity when biting down

For patients who already have a compromised immune system, eradicating oral decay and infection is even more imperative.

Of course, if you have any signs of illness, stay isolated and seek medical attention as warranted by coronavirus health guidelines.

April is...



Oral Cancer Awareness

Month

6 Habits to Prevent Oral Cancer

As you may know, April is National Oral Cancer Awareness Month. As prevention is the best treatment for any disease, we want to ensure you have all the resources necessary to protect you and your loved ones. Below are some healthy habits you can adapt for Oral Cancer prevention:



#1 Do not use tobacco of any kind.

Most oral cancers are linked to tobacco use. All forms of tobacco increase the risk of this cancer, including cigarettes, cigars, pipes and smokeless tobacco; also avoid second-hand cigarette smoke if possible. The risk is greatly increased when combined with alcohol use.



#2 Drink alcohol in moderation or avoid it entirely.

Alcohol is one of the main risk factors for oral cancer. The more you drink, the greater the risk. Thus, if you enjoy your occasional alcoholic beverage, it is important that you consume in moderation to lower your risk of oral cancer.



#3 Wear condoms and dental dams to prevent the transmission of HPV.

HPV is likely the cause of oral cancer that is not linked with tobacco or alcohol use. Many types of HPV are spread through sexual contact, including oral sex. Taking protective measure can help prevent you from contracting HPV.



#4 Use UV-blocking lip balm.

Sun exposure increases the risk of developing lip cancer. This is especially true for those who work long hours in the sun or have fair skin. Wearing UV-blocking lip balm can protect your lips from the sun's harsh rays.

Oral Cancer Symptoms >>>

Come see Dr. Chubb if you're experiencing any of these symptoms:

- Persistent mouth sores that do not heal
- Persistent mouth pain
- A lump or thickening in the cheek
- A white or red patch on the gums, tongue, tonsil, or lining of the mouth
- A sore throat or persistent feeling that something is caught in the throat
- Difficulty swallowing or chewing
- Difficulty moving the jaw or tongue
- Numbness of the tongue or other area of the mouth
- Jaw swelling that makes dentures hurt or fit poorly
- Loosening of the teeth
- Pain in the teeth or jaw
- Voice changes
- A lump in the neck
- Weight loss
- Persistent bad breath



#5 Exercise regularly and maintain a healthy diet.

Maintaining a healthy lifestyle is one of the best ways to prevent a vast amount of diseases, including oral cancer. Exercising and eating healthy have been proven to improve your immune system, and allow you to better defend your body.

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#6



Visit the dentist regularly to allow for early detection and advice regarding your current oral hygiene regimen.

Since anyone can develop oral cancer, it's best to regularly check for potential problems and risks. At Amazing Smiles Family Dentistry, we ensure that our screenings or thorough while keeping your comfort in mind.

Did you know? >>>

- > If you don't floss, you miss cleaning 40% of your tooth surfaces.
- > People who drink 3 or more glasses of soda each day have 62% more tooth decay, fillings and tooth loss than others.

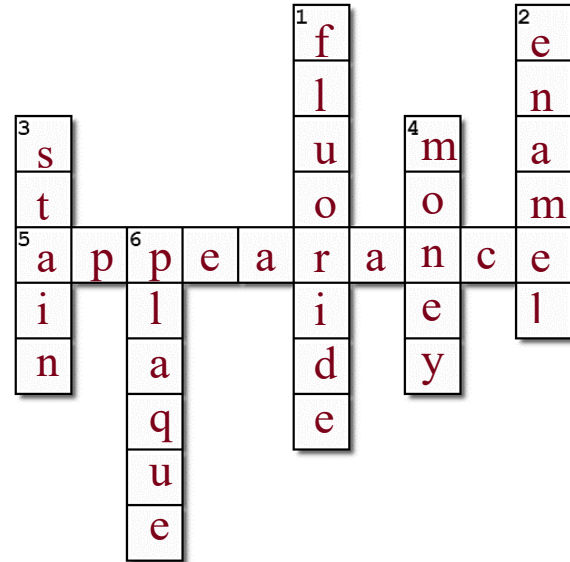
March Newsletter Crossword Puzzle Answers

Across

5. 55% of first impressions are decided based on our appearance.

Down

- Fluoride toothpastes help prevent cavities and tooth decay.
- Although apple cider vinegar is a great tooth whitening hack, if misused the acidity is strong enough to remove tooth enamel.
- Foods such as coffee, red wine, soda, and dark berries can stain our teeth.
- One of the greatest benefits of visiting your dental hygienist at least twice a year is: it saves you money.
- Flossing helps the appearance of your smile by removing plaque that builds up at the gum line, and improves your breath.



- HANDS** Wash them often
- ELBOW** Cough into it
- FACE** Don't touch it
- FEET** Stay more than 3ft apart
- FEEL** sick? Stay home

A Message from Dr. Chubb

All storms must come to an end and this too will pass. In the meantime, use this as an opportunity to reset. We get so weighed down by responsibility with not enough time to focus on ourselves. Prioritize your well being so that you can feel refreshed when we return to normalcy.

HOW'RE WE DOING?



Leave us a review!

If you enjoyed your experience at our practice, and would like to share that with others, please leave us a review on Google! Your reviews help us to better meet your needs, and put smiles on more faces.

Also...

Like Us On Facebook!



Follow Us On Instagram!



Amazing Smiles

Word Search

Oral care should be fun! Use the key below to find the answers!

What fun is a game without a winning prize?! So call our office once you've completed the puzzle for a special reward! 256.568.0553

<u>Key</u>			
Dental Smile	Prevention Mouth	Health Oral	Teeth Gums

F F I D D M D Z V F P O B L W
 T K K A E Q J K E H S I S H S
 L Y D S I N Z J M O U T H A P
 O J G K A G T D J U T R K T Z
 P W J N N S S A K Q N Z C J Y
 C V L G M G C M L O F C N Y Z
 K N E U H M T P I B K H C L I
 Q M G V Y T X T A L V E A W T
 F F E P K E N A C F E R Q H A
 H O Z Y I E E P K C O M U E A
 H R M U V T F B O B C C A A N
 M O H E U H B L T R P Q D L N
 X B R W U A D P K D M K U T Y
 X P K H K Q R Q K B D A T H M
 K C A S K P P Y Z A R B C V M

