



# Wire to Wire

## Newsletter for the Patients, Family and Friends of

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June 2010

### **Your Smile is Priceless...Keep It Safe & Healthy!**

Research has shown that smiling gives more pleasure than chocolate. Smile and the world smiles back! But for maximum effect...make sure your smile is in tip-top shape.

Smiling increases happiness in you and the people around you. It improves confidence, helps you make friends and can increase your chances of doing better in school and work. Keep that smile looking its best...it does make a difference!

#### Ten Tips For a Healthy Smile

1. Brush Correctly. Twice a day for at least 3 minutes.
2. Exercise Cautiously. Wear a mouthguard for more rigorous activities.
3. Don't Ignore Stomach Problems. Gastrointestinal reflux syndrome can erode tooth enamel and lead to periodontal disease.
4. See your Dentist 2 Times a Year. Some oral problems cause no pain and can go undetected.
5. Know About Your Medication. Over 400 medications have side-effects that affect your dental health.
6. Don't Grind Your Teeth. Clenching and grinding causes gums to recede and accelerates periodontal disease.
7. Don't Smoke! Smokers are 4 times more likely to have gum disease.
8. There For Chewing Food Only. Using your teeth for tearing, cracking or biting other objects can crack and break your teeth.
9. Floss. If you don't floss you miss cleaning about 30% of each tooth!
10. Beware of Dangerous Foods. Foods such as popcorn, frozen foods, ice, can crack your teeth.





# Terrific Teeth Activity Page

## Color & Learn!



Angle your toothbrush along the gumline. Wiggle the brush gently back and forth, repeating the motion on each tooth, top and bottom!



Now for the inside of your teeth! On the inside of each tooth wiggle the toothbrush back and forth gently just like the last step!



Now it is time to get the part of you teeth that chews your food! Brush the surface of every tooth, wiggling the toothbrush gently just like the last two steps.



Now for the hard to reach places! Use the tip of your toothbrush to get the area behind each front and bottom tooth! You're almost there!



Don't forget that tongue! Not just your teeth need brushing, give your tongue a good brush!