

THE ORAL HEALTH EXPERT

DELTA DENTAL OF ARIZONA

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Plan for Healthier Meals and Healthier Smiles



Eating healthy tops many New Year's resolution lists. Meal planning is a great way to keep that resolution all year long. Here are a few tricks to help you eat a well-balanced diet and improve your oral and overall health:

- Create a master list of your favorite meals. Let your family help. You can look up recipes, sample menus and meal-planning tools online for additional inspiration. As a general guide, fiber-rich fruits and vegetables should cover half your plate, while lean protein and whole grains should each take up a quarter of the plate.
- Pick a specific day to plan your weekly menus and shop for groceries. Remember to plan for healthy snacks that you can eat on the go. Apples, pears, celery, carrots, Greek yogurt, cheese, turkey, nuts and seeds all make great choices for your oral and overall health.
- Stick to your grocery list. It's easy to be tempted, so avoid impulse items (or shopping while hungry!). Shopping online can help you resist temptation. Also, make sure to choose lower calorie and lower sodium versions of ingredients when possible.
- Prepare food for the week. If you want to plan even further, try preparing more freezer-friendly meals.

With the right meal plan and prepping, you can eat healthier, stress less, enjoy a greater variety of foods and save money!

What are the Benefits of Root Canal Treatment?



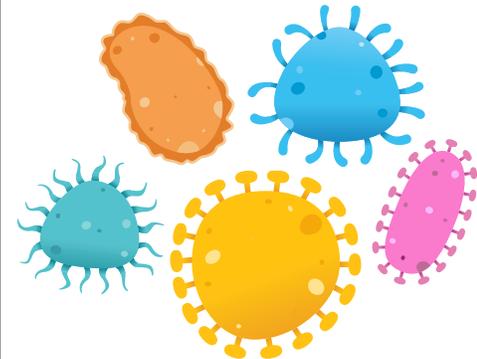
Root canal treatment is an effective way to save a diseased tooth instead of having the tooth extracted. The procedure involves removing the infected pulp from the canals that run inside of tooth roots, and then cleaning, filling, and sealing the canals to prevent further infection or damage. The entire treatment may take one or more appointments depending on the location of the tooth and the complexity of the condition.

Once treatment has been completed, the tooth will need to be restored with a filling or crown to return it to full function and aesthetics. Recovery time can vary, but typically, any sort of mild discomfort will be resolved within a few days. Aside from easing pain and discomfort, here are some benefits of root canal treatment:

- **Virtually a pain-free procedure.** Patients who undergo root canal treatment are 6 times more likely to describe the experience as painless when compared to patients who had their tooth extracted.¹
- **Stops the spread of infection.** With root canal treatment, the bacteria that caused the infection is removed. This prevents the infection from spreading to other areas of the mouth.
- **More efficient chewing.** A tooth abscess can cause pain and swelling that makes chewing uncomfortable. However, with root canal treatment, a filling or crown is placed on the tooth leading to more comfortable biting and chewing.
- **Visually appealing results.** After root canal treatment, a dentist will restore your tooth with a filling or crown which will give your smile a natural and aesthetically pleasing appearance.
- **Cost-effective and efficient.** While tooth extraction might seem like the quickest and cheapest option, it may lead to costly ongoing dental work. If you decide to have root canal treatment, your dental insurance may cover a portion of the cost.

The choice you make between a root canal procedure or extraction is ultimately a personal one, and there are a lot of factors to consider with this decision. We recommend that you consult with your dentist who can help you decide the best option for your specific condition.

SMILE STATS



More than 400 strains of probiotics live in our bodies.²



Saliva plays a key role in overall health and has been used to diagnose patients for more than 2,000 years.³



Garlic has been recognized across the world for having antimicrobial properties and being effective against some bacteria.⁴

Why Bacteria Aren't Always Bad for Your Smile



You've likely heard that probiotics can be good for gut health. But did you know they may also have benefits for your smile?

Though you may think of all bacteria as harmful, many are actually good for you. Probiotics are live bacteria and/or yeasts that can benefit your health—sometimes referred to as friendly or healthy bacteria.

Probiotic bacteria live naturally in your body but can also be found in many enriched and fermented foods, including:

- Most yogurts
- Cultured cottage cheese and buttermilk
- Soft cheeses
- Kefir (fermented milk)
- Miso (fermented soybean paste)
- Tempeh (fermented soybean blocks)
- Kimchi (fermented vegetables)
- Sauerkraut (fermented cabbage)
- Kombucha (fermented drink)

Probiotics are also available in some dietary supplements, including lozenges, pills, tablets and powders. You can also find probiotics in some oral health products like probiotic mouthwash that help reduce bad bacteria in your mouth.

What effects do probiotics have on oral health?

Although more research is needed, some studies show probiotics may help:

- Fight plaque and tooth decay
- Stop bad breath
- Reduce inflammation from gum disease
- Prevent oral cancer⁵

Good probiotic bacteria occur naturally in your body. For most people, maintaining a healthy balance between good and bad bacteria is simply a matter of eating right. Make sure to eat a well-balanced diet that's rich in fiber and includes some fermented foods. If you consider taking a probiotic supplement, talk with your dentist or physician first to make sure it's safe and beneficial for you.

MOUTH-HEALTHY RECIPE: KIMCHI SOUP

Ingredients:



1 tablespoon toasted sesame oil
1 cup scallions, sliced
2 tablespoons garlic cloves, sliced
1 tablespoon minced ginger



32 ounces unsalted chicken or vegetable broth
2 tablespoons low-sodium soy sauce
2 tablespoons gochujang (red chili paste)
7 ounces tofu, sliced into bite-size pieces



1 1/2 cups kimchi
1 jalapeño, sliced
1 red chili pepper, sliced

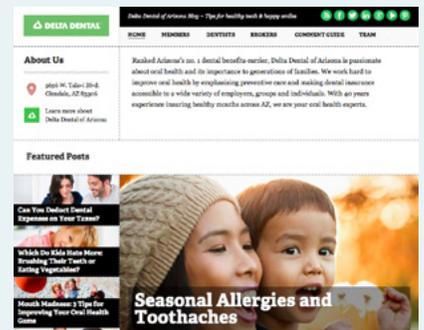
Directions:

1. Heat sesame oil in a large pot over medium-high heat.
2. Add scallions, garlic and ginger. Cook for 3 minutes, stirring often.
3. Add broth, soy sauce and gochujang. Bring soup to a boil.
4. Reduce heat to low and add tofu and kimchi. Stir once and cook for 3 minutes.
5. Top with jalapeño and red chili pepper slices.
6. Enjoy!

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SOURCES

¹Benefits of Root Canal Treatment. (n.d.). Retrieved from <https://www.aae.org/patients/root-canal-treatment/what-is-a-root-canal/benefits-root-canal-treatment>

²<https://probiotics.org/amazing-facts/>

³<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3312700/>

⁴<https://www.medicalnewstoday.com/articles/321108#seven-best-natural-antibiotics>

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