

National Smile Month

TWITTER CHAT #Smile4Health

Thursday, June 29th, 2017 | 2:00 P.M. MT

June is National Smile Month! Delta Dental of Idaho, Children's Dental Health Project and the Campaign for Dental Health, a program of the American Academy of Pediatrics, are celebrating by hosting a Twitter Chat to discuss the importance of the mouth-body connection. Discussion topics will cover how a healthy smile leads to better overall health.

Join the conversation Thursday, June 29th at 2:00PM MT. Please consider participating in the Twitter Chat by using any of the answers listed below, or by creating your own using the hashtag **#Smile4Health**

If you have any questions, please contact Sara Fossum at sfossum@ddpco.com.



QUESTIONS & ANSWERS

Q1: Did you know that a healthy smile affects your overall health? How can we help everyone understand this connection? #Smile4Health

Suggested Answers

A1: A good first step would be to integrate oral care into primary care. Learn how: <http://bit.ly/2ecsvHF> #Smile4Health

A1: Doctors can learn how to apply fluoride varnish to help with children under 6: <http://bit.ly/2rXPP4f> #Smile4Health

A1: Dentists can help provide nutritional and overall health information to patients during every appointment. #Smile4Health

A1: Teachers and educators can teach the connection at an early age. Try these lesson plans: <http://bit.ly/2sENfOT> #Smile4Health

Q2: Up to 80% of adults have some form of gum disease, according to @NIDCR. How can this impact your systemic health? #Smile4Health

Suggested Answers

A2: Studies suggest that gum disease may cause health problems including increased risk of heart disease, diabetes and stroke. #Smile4Health

A2: Pregnant women with gum disease show higher incidences of pre-term, low birth-weight babies. #Smile4Health

A2: Poor oral health may worsen respiratory illnesses by promoting growth of bacteria that can be transported to the lungs. #Smile4Health

A2: Studies show that diabetes can cause gum disease. Diabetics & pre-diabetics need to take extra care of their oral health! #Smile4Health

Q3: How does a healthy smile affect our ability to socialize, make friends or find a job? #Smile4Health

Suggested Answers

A3: Making friends is much easier if someone feels confident about their smile #Smile4Health

A3: 28% of young adults say the condition of their mouth/teeth affects job interviews: <http://bit.ly/1TZfi6N> #Smile4Health

A3: A healthy smile tells a potential employer you're enthusiastic about the job. <http://bit.ly/2sliZea> #Smile4Health

A3: Healthy smiles = higher confidence, impacting everything from making friends to finding a date! <https://usat.ly/2rXPHSf> #Smile4Health

Q4: How can smiling improve your overall well-being? #Smile4Health

Suggested Answers

A4: When you take care of your smile, you're doing the rest of your body a favor! Infographic: <http://bit.ly/2rof7Ke>

A4: Smiling, even when forced, has been proven to elevate mood, increase productivity & reduces stress! <http://bit.ly/1RrExbs> #Smile4Health

A4: Smiling is contagious! When you smile, you help create connections with those around you. #Smile4Health

A4: Check out the many body benefits of smiling with this infographic: <http://bit.ly/2rogMQ8> #Smile4Health

Q5 | What are some ways you can keep your smile healthy?

Suggested Answers

A5: With a thorough oral health routine! Be sure to brush & floss 2x a day, drink water w/ fluoride & see a dentist 2x a year! #Smile4Health

A5: By doing it more often! Studies have shown that smiling regularly can encourage daily positivity. #Smile4Health

A5: By eating foods good for teeth & body! Too much junk can cause both oral & overall health issues. <http://bit.ly/2s7Vjb5> #Smile4Health

A5: By drinking tap water that has an optimal level of #fluoride and using fluoride toothpaste to protect your teeth! #Smile4Health

A5: Rethink your drink! Choose water with fluoride before juice, soda, and sports drinks. <http://bit.ly/29JOxxM> #Smile4Health

Q6: How are school-based oral health programs helping to give kids new reasons to smile? #Smile4Health

Suggested Answers

A6: Applying dental sealants to children's teeth is proven to prevent tooth decay. Learn more: <http://bit.ly/2slgB7h> #Smile4Health

A6: These programs make sense b/c schools allow us to reach kids at high risk for tooth decay. Video: <http://bit.ly/2rY1Bvn> #Smile4Health

A6: School-based programs identify kids with urgent dental needs so they are referred to dentists ASAP. #Smile4Health

A6: School-based programs provide dental care to kids who may not otherwise have access to a dentist. <http://bit.ly/1yTqcAW> #Smile4Health

Q7: In what ways does #fluoride help both children and adults maintain healthy smiles? #Smile4Health

Suggested Answers

A7: Fluoride provides teeth a first line of defense against cavity-causing bacteria. #Smile4Health

A7: Brushing your teeth at least 2x daily with fluoride toothpaste helps ensure your healthy smile lasts a lifetime. #Smile4Health #2x2min

A7: Applying fluoride varnish to children's teeth can help protect the enamel from decay. More info: <http://bit.ly/1Zhh2IE> #Smile4Health

A7: Drinking tap water w/ an optimal level of #fluoride complements fluoride toothpaste. They work as a team to protect teeth. #Smile4Health

Q8: What oral health issues should pregnant women be aware of to keep themselves and their baby-to-be healthy? #Smile4Health

Suggested Answers

A8: Visit your dentist! Dental cleanings and treatments are safe and encouraged for pregnant women. <http://bit.ly/2s7WlUo> #Smile4Health

A8: Pregnant women are at greater risk of dental problems due to hormonal changes. <http://bit.ly/2rfptru> #Smile4Health

A8: Frequent vomiting from morning sickness can lead to brittle teeth, sensitivity, and bad breath. <http://bit.ly/2rXXq2S> #Smile4Health

A8: See your dentist to control gum disease. Severe cases have been linked to low birth weight infants. <http://bit.ly/2rokRUo> #Smile4Health

A8: Moms can pass cavity-causing bacteria to babies through kissing, sharing utensils & putting pacifiers in their mouths. #Smile4Health