

# grin!®

news, notes &  
entertainment to  
keep your smile  
healthy & happy

fall  
2016  
volume 5, issue 3

make baked goods more  
**smile-friendly**

**stamp out your  
smoking habit**

**5** items your hygienist  
recommends keeping handy

# grin!

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## 6 feature article stamp out your smoking habit



## cavity-free calendar

### September

**It's autumn, which means many tooth-healthy veggies are in season.** Look for pumpkins, squash, Brussels sprouts, cauliflower, cabbage and kale. And give our pumpkin hummus dip recipe on **page 8** a try!

### October

**Happy haunting!** Check out some healthy Halloween tips on **page 4**.

### November

If you or a loved one is trying to stop smoking, mark **November 17** on your calendar for the **American Cancer Society's Great American Smokeout**. Check out **page 6** to read about the benefits of quitting.



Read *Grin!* on the go by searching for "Grin! Magazine" in the App Store or Google Play.



## on topic with dr. kohn

is vaping as harmful to teeth as smoking?

Meet Delta Dental's Vice President of Dental Science and Policy, Bill Kohn, DDS. Formerly the director of the Division of Oral Health at the Centers for Disease Control and Prevention, Dr. Kohn has timely tips and valuable insights to share as our resident dental expert.

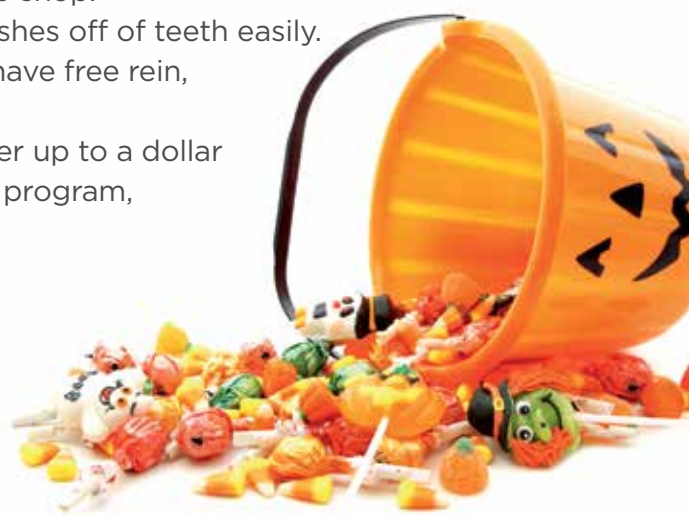
We're well aware of the negative consequences of smoking: In addition to causing yellow teeth and stinky breath, smoking is a leading cause of gum disease and oral cancer. But what about "vaping" with electronic cigarettes? E-cigarettes are battery-powered devices containing a metal heating element that vaporizes a solution containing a mixture of chemicals, including nicotine, natural flavors and other additives. Though it's sometimes touted as a smoking cessation aid or a "safe" alternative to smoking, we just don't know enough yet. According to the National Institute of Dental and Craniofacial Research, "The effects of long-term exposure to e-cigarettes are completely unknown and present a potential oral cancer and periodontal disease risk for users, due to their higher exposure to these chemical mixtures." Delta Dental recommends that if you smoke or vape, quit! Talk to your physician or dentist about safe tobacco cessation measures.

## tips for healthier halloween smiles

Before your little candy monsters head out to trick-or-treat, keep these tips in mind.

- 1. Limit chewy and sticky sweets.** Candies such as caramel and taffy cling to teeth, which gives cavity-causing bacteria time to set up shop.
- 2. Chocolate is a better option.** It melts fast and washes off of teeth easily.
- 3. Moderate the candy haul.** Instead of letting kids have free rein, dole out a few pieces with meals.
- 4. Consider a buy-back program.** Some dentists offer up to a dollar per pound of sweets. If you can't find a buy-back program, consider inventing your own!

Have a happy, healthy Halloween!

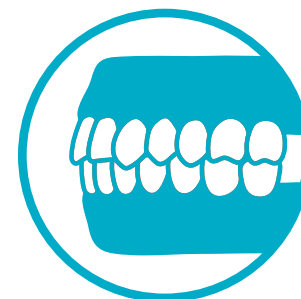


## readers ask, we answer

Kelly writes:

"What's the difference between an overbite and an underbite?"

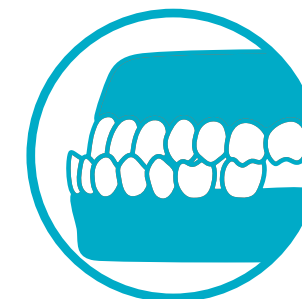
Hi, Kelly. An overbite is when the top row of teeth overlaps or sticks out beyond the bottom row of teeth. An underbite is just the opposite - when the bottom row overlaps the top.



Aligned



Overbite



Underbite

It's quite common to have an overbite or underbite, but a severe condition can lead to problems such as chipped or fractured teeth, tooth decay, gum disease and strain on the teeth, jaws and muscles. Bite problems can also compromise speech.

Underbites and overbites can often be corrected with orthodontic treatment, including removable and fixed options, such as retainers and braces. Severe cases may need surgery. Your dentist can recommend the best treatment to help with your condition.



Have a question you'd like us to answer? Send it to [grin@deltadental.com](mailto:grin@deltadental.com), and it could be featured in an upcoming issue.

## two-word answers

Q: How much money did the Tooth Fairy leave under pillows in 2015?

A: \$256 million\*

\*Source: Delta Dental 2016 Original Tooth Fairy Poll



# STAMP OUT Your Smoking Habit

If you're one of the 42 million Americans who smoke cigarettes, it's not too late to quit. And you don't have to do it alone. Kick the habit with millions of others during the American Cancer Society's Great American Smokeout on November 17.

Here are just a few of the health benefits you'll enjoy once you quit:



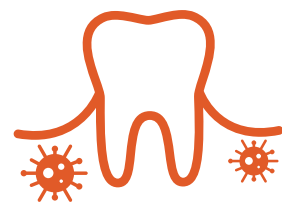
**Lower risk of tooth loss.** Non-smokers have healthier teeth and healthier gums, which make them less likely to lose teeth than smokers.



**Slower tartar buildup and less tooth decay.** Tartar builds up much faster for tobacco users. That means plaque bacteria also stick to teeth and gums more easily, which can eventually result in tooth decay and gum disease.



**Better breath.** Cigarettes, cigars and even smokeless tobacco all contribute to halitosis, or bad breath. Sugar-free mints and gum can temporarily mask the stench of smoker's breath, but they can't eliminate it.



**Lower risk of gingivitis and other periodontal diseases.** Smokers are two to three times more likely to develop periodontitis (gum disease).



**Whiter teeth.** Tobacco products contain nicotine and tar, which cause light brown or yellow stains on tooth enamel.



**Decreased tooth sensitivity.** Smokers are more likely to have receding gums, which can make teeth more sensitive to hot and cold. Not only is tooth sensitivity an uncomfortable feeling, it can also limit enjoyment of favorite foods and drinks such as ice cream and coffee.

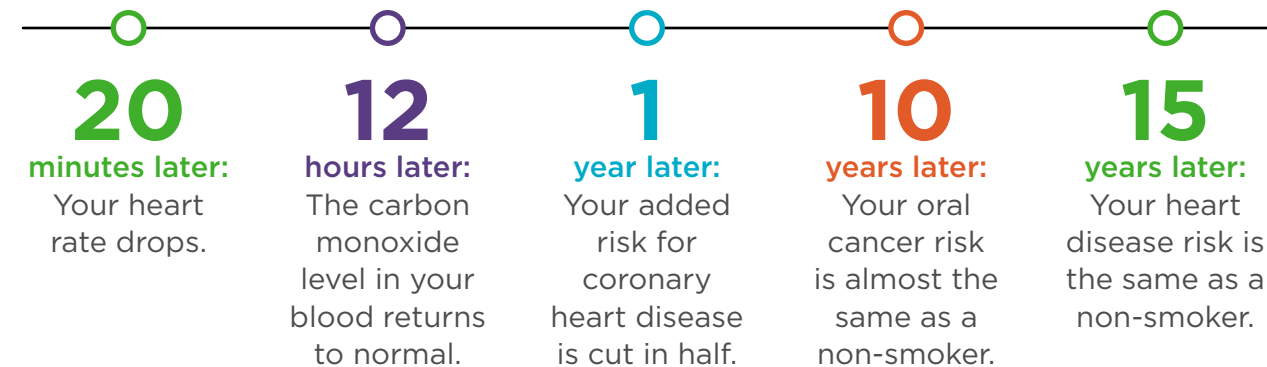


**A better immune system and faster healing.** Frequent use of tobacco can suppress the immune system and slow the healing process. And because using tobacco is a leading cause of gum disease, smokers typically have more extractions and more oral surgery than non-smokers.



**Decreased risk of oral cancer.** In 2016, approximately 48,000 people will be diagnosed with oral or pharyngeal cancer in the U.S. - and 75 percent of these cancers are directly related to heavy tobacco and/or alcohol use. Even if you've smoked for decades, your oral cancer risk drops by 30 percent a year or two after you quit for good.

## AFTER YOUR LAST CIGARETTE



Giving up an addiction is challenging, and kicking the habit of tobacco use can be especially hard. But you don't have to go it alone - there are plenty of free resources to help you quit. Visit [smokefree.gov](http://smokefree.gov), call 1-800-QUIT-NOW or discuss smoking cessation options with your healthcare provider.





## mouth-friendly recipe: pumpkin hummus

*If you're a fan of the fall flood of pumpkin-infused foods, here's some good news: Pumpkin is good for your smile! It's full of vitamins A and C, which help with gum health. Additionally, the fiber-packed beans in this recipe help stave off cravings for sweets by keeping you feeling full. Serve this pumpkin hummus with some crisp veggie slices to add in even more nutrients.*

### Ingredients:

- 1 cup canned pumpkin puree
- 2 1/2 tablespoons lemon juice
- 1 tablespoon olive oil
- 2 tablespoons tahini
- 1 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1 teaspoon salt
- 2 garlic cloves
- 15 ounces garbanzo beans

### Directions:

Put all ingredients in a blender or food processor and blend until smooth.

## history of oral health: teeth and the military

*Here are a few facts to keep in mind when you celebrate veterans on November 11.*



A soldier once noted that **General Ulysses S. Grant** took almost nothing with him on military campaigns - no tent, no clean clothing, no blankets - but he *did* bring a toothbrush.



During the Civil War, men missing any of their four front teeth were unable to serve since those **teeth were required to quickly open gunpowder pouches**. Some men had their front teeth removed to avoid being drafted.



During World War I, soldiers developed a severe form of gum disease called "**trench mouth**," which resulted from a lack of oral care while in the field (often in trenches) for long periods of time.



World War II soldiers received **chocolate bars** in their rations, but not to satisfy sweet cravings. Intended only for nutrition, the bars tasted "a little better than a boiled potato."\*

\*Source: *Food in the American Military: A History*, John C. Fisher and Carol Fisher



# 5 ITEMS YOUR HYGIENIST RECOMMENDS KEEPING HANDY

*Emergency napkins or tissues in the glove compartment of your car? Flashlight in a handy place in case you lose power? You're probably ready to combat a number of everyday mishaps - but how's your preparedness when it comes to a healthy smile? In honor of National Dental Hygiene Month in October, here are five things your hygienist would suggest that you have on hand.*



## 1 FLOSS

Removing that irritating sliver of food from between your teeth is worth the small amount of space a spool of floss takes up in your purse or desk drawer. Getting rid of food debris and plaque also keeps tooth decay at bay - and it helps with fresh breath.



## 2 MIRROR

You'll never have to wonder if you have spinach stuck between your teeth if you have a small mirror for quick check-ins. The selfie function on your smartphone's camera app also works well.



## 3 HEALTHY SNACK

When hunger hits, you're less likely to grab a sugary treat if you have a healthy snack available. Whole fruits, nuts, seeds and beef jerky are all good options.



## 4

## SUGAR-FREE GUM

Sugar-free gum helps stimulate saliva, which rinses sugars and food from your teeth. Gum sweetened with xylitol is another good choice. Bonus: You can also pop a piece to distract you from habits that harm your teeth, such as tooth grinding or nail biting.



## 5

## TRAVEL TOOTHPASTE AND TOOTHBRUSH

Brushing your teeth after lunch or a particularly stinky snack can also help thwart halitosis. But even without the threat of bad breath, adding impromptu brushing sessions can help stop plaque build-up.

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# make baked goods MORE Smile-Friendly

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*Between tailgating, school events, holidays and other fall gatherings, this time of year often comes with an array of tempting baked goods at home, school and work. To make homemade treats a little more smile-friendly, try these sweet tricks.*



**Substitute almond or coconut flour for white flour.**

White flour is a simple carbohydrate, which breaks down into sugar quicker. Nut-based flours contain more protein and fewer carbs. Start substituting in small increments – coconut flour absorbs more liquids, so use 1/4 cup coconut flour to replace 1/2 cup regular flour, for example, and increase your liquids by 1/4 cup to make up the difference.



**Add dark chocolate chips instead of milk chocolate or other candies.**

You can also leave out some ingredients, such as dried or sticky fruits like cherries. Try swapping in nuts instead! It's best to entirely avoid recipes that call for caramel or sticky syrups.



**Instead of sugary frosting, use mascarpone or whipped cream.**

If you don't want to leave frosting off of your confection, use a thin layer of frosting instead of swirling it on thick.



**It's also helpful to enjoy a baked good after a meal instead of as a stand-alone snack. Don't forget to brush or rinse afterward! Incorporate one or two of these tips into your baking to keep your smile healthy while having your cake – and eating it too!**

## healthy smile, happy life

*It's a simple idea: If your smile is healthy, your life can be happy. Oral health is part of overall health, and the foundation for a healthy and active lifestyle.*

Because oral health directly affects overall wellness, people who have poor dental health may be more susceptible to other serious conditions, such as diabetes or heart disease. LifeSmile from Delta Dental is an oral wellness program that helps you and your loved ones focus on your oral health and well-being with tips and tools for improving and maintaining good dental health habits.



For more information about LifeSmile, visit [deltadental.com/lifesmile](https://deltadental.com/lifesmile).



## keeping you covered: Delta Dental Mobile

*Accessing your dental benefits information is easier than ever with Delta Dental Mobile! Our completely revamped app features a brand new, easy-to-use design. It is packed with features to help you keep tabs on your dental benefits and oral health wherever your journey takes you.*

Delta Dental members can log in using their existing [deltadental.com](https://deltadental.com) username and password. If you don't have an account, you can register for one inside the app.

### Key features of our app include:

- Mobile ID Card\*
- My Coverage and My Claims\*
- Find a Dentist
- Toothbrush Timer
- Dental Care Cost Estimator\*
- LifeSmile Score Risk Assessment Tool
- Secure Messages\*

\*Login required

Delta Dental Mobile is optimized for iOS and Android devices (smartphones and tablets), and is available for download in the Apple App Store or Google Play Store for Android devices. **To learn more, search for Delta Dental in the app store.**



# brushing up



*Ever wonder what your dentist is really thinking? Grin! wanted to find out too, so we talked to Delta Dental network dentist Dr. Samantha Marley-Harrod of The Smile Associates in Edmond, Oklahoma.*

**What's the best dental advice you've ever received?** A great team makes it all easier.

**What's your favorite dental joke?** What did the dentist say to the golfer? "You have a hole in one."

**When did you decide you wanted to be a dentist?** I always found dentistry interesting as a child. I visited the orthodontist and they showed me a typodont (a model of the mouth), and I decided I wanted to make a replica of my mouth, so I asked the Tooth Fairy to leave my teeth. It was then I decided I wanted to be a dentist.

**What's the most unique dental issue you've come across?** I had a patient with a supernumerary (extra tooth) visible on an X-ray, but it was inaccessible for many years. Finally, during a routine crown prep, I was able to retrieve it and send it home for the Tooth Fairy.

**What dental technology are you especially grateful for?** I love the speed and accuracy of my digital impression scanner. This technology engages the patient and gets them excited about dentistry.



*If you'd like to recommend your dentist for a Brushing Up interview, email [grin@deltadental.com](mailto:grin@deltadental.com) with his or her name and contact information.*