



July Wellness Newsletter

National Health Observance

Summer Safety

Dental Health Awareness Month

July's health observances are Summer Safety and Dental Health Awareness Month. Check out the following UnitedHealthcare educational resources:

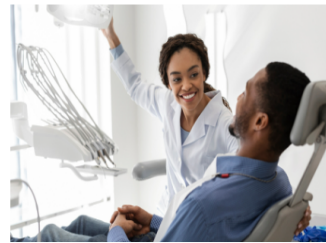
- [Skin care conditions, tips and treatments](#)
- [Sun safety](#)
- [Dental and oral health](#)
- [Dental problems and oral health care](#)

Dental problems and oral health care

The thought of dental problems — and terms like "root canal," "gum disease" and "wisdom teeth" — might make us feel a little uncomfortable. But when dental and oral health problems come up, it's important to take care of them right away. And the good news is that good oral care may help prevent some major problems.

Common dental problems

Understanding common dental problems may help you prevent them — through good oral hygiene or by recognizing them early.

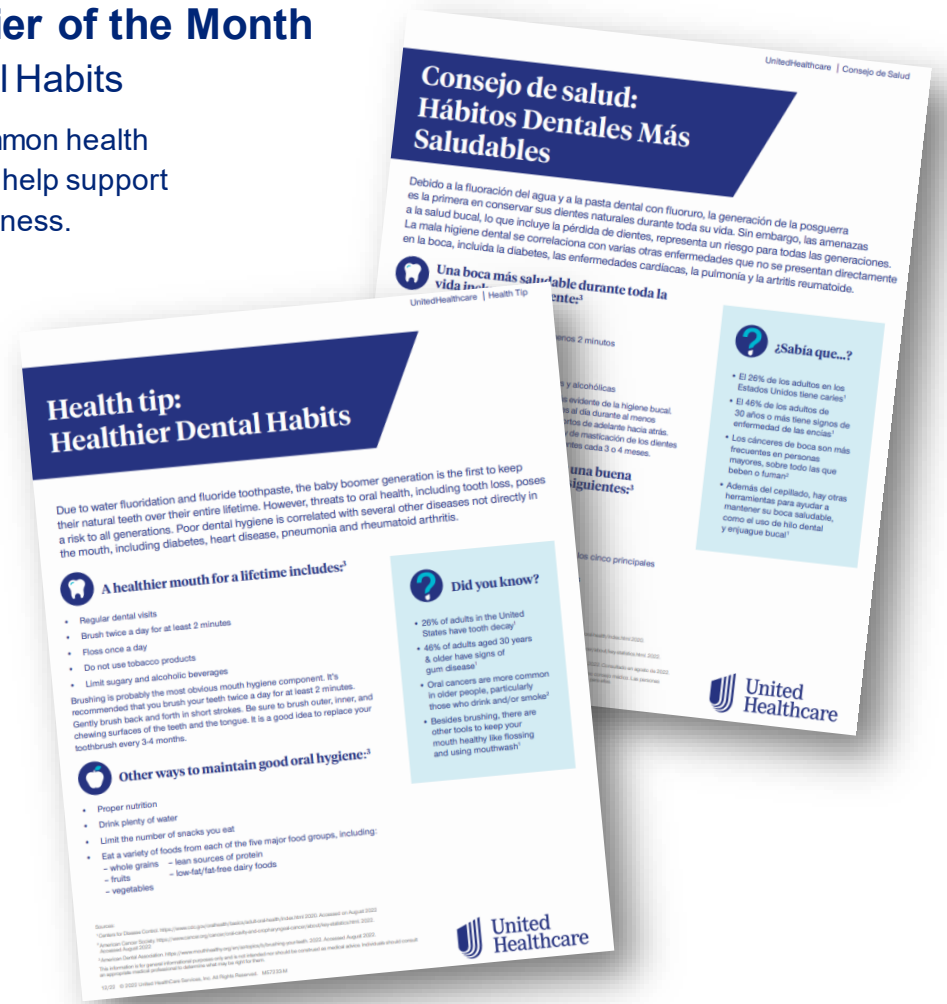


Health Tip Flier of the Month Healthier Dental Habits

Learning about common health topics is one way to help support your health and wellness.

Check out this month's Health Tip Flier on Healthier Dental Habits.

[English](#) | [Spanish](#)



Health tip: Healthier Dental Habits

Due to water fluoridation and fluoride toothpaste, the baby boomer generation is the first to keep their natural teeth over their entire lifetime. However, threats to oral health, including tooth loss, pose a risk to all generations. Poor dental hygiene is correlated with several other diseases not directly in the mouth, including diabetes, heart disease, pneumonia and rheumatoid arthritis.

A healthier mouth for a lifetime includes:¹

- Regular dental visits
 - Brush twice a day for at least 2 minutes
 - Floss once a day
 - Do not use tobacco products
 - Limit sugary and alcoholic beverages
- Brushing is probably the most obvious mouth hygiene component. It's recommended that you brush your teeth twice a day for at least 2 minutes. Gently brush back and forth in short strokes. Be sure to brush outer, inner, and chewing surfaces of the teeth and the tongue. It is a good idea to replace your toothbrush every 3-4 months.

Other ways to maintain good oral hygiene:²

- Proper nutrition
- Drink plenty of water
- Limit the number of snacks you eat
- Eat a variety of foods from each of the five major food groups, including:
 - whole grains
 - lean sources of protein
 - fruits
 - low-fat/fat-free dairy foods
 - vegetables

Did you know?

- 20% of adults in the United States have tooth decay³
- 46% of adults aged 30 years & older have signs of gum disease⁴
- Oral cancers are more common in older people, particularly those who drink and/or smoke⁵
- Besides brushing, there are other tools to keep your mouth healthy like flossing and using mouthwash⁶

Consejo de salud: Hábitos Dentales Más Saludables

Debido a la fluoración del agua y a la pasta dental con fluoruro, la generación de la posguerra es la primera en conservar sus dientes naturales durante toda su vida. Sin embargo, las amenazas a la salud bucal, lo que incluye la pérdida de dientes, representa un riesgo para todas las generaciones. La mala higiene dental se correlaciona con varias otras enfermedades que no se presentan directamente en la boca, incluida la diabetes, las enfermedades cardíacas, la pulmonía y la artritis reumatoide.

Una boca más saludable durante toda la vida incluye:¹

- Visitas regulares al dentista
 - Cepillarse dos veces al día durante al menos 2 minutos
 - Usar hilo dental una vez al día
 - No usar productos de tabaco
 - Limitar el consumo de bebidas azucaradas y alcohólicas
- El cepillado es probablemente el componente más obvio de la higiene bucal. Se recomienda cepillarse los dientes dos veces al día durante al menos 2 minutos. Cepillar suavemente hacia atrás y hacia adelante en cortos golpes. Asegúrese de cepillar las superficies de masticación de los dientes y la lengua. Es una buena idea reemplazar el cepillo de dientes cada 3 o 4 meses.

Otras formas de mantener una buena higiene bucal:²

- Nutrición adecuada
- Beber mucha agua
- Limitar el número de bocanadas que se comen
- Comer una variedad de alimentos de cada uno de los cinco grupos principales de alimentos, incluyendo:
 - granos integrales
 - fuentes magras de proteínas
 - frutas
 - lácteos bajos en grasa o sin grasa
 - vegetales

¿Sabía que...?

- El 20% de los adultos en los Estados Unidos tiene caries³
- El 46% de los adultos de 30 años o más tiene signos de enfermedad de las encías⁴
- Los cánceres de boca son más frecuentes en personas mayores, sobre todo las que fuman o beben⁵
- Además del cepillado, hay otras herramientas para ayudar a mantener su boca saludable, como el uso de hilo dental y enjuague bucal⁶



United at Work Presentation of the Month

Healthier Dental Habits

[Click here](#) for the Healthier Dental Habits presentation.

Regular dental hygiene translates to good health overall. In addition to reviewing the importance of healthy and regular dental habits, you will learn common health conditions and diseases associated with poor dental habits, and learn healthier behaviors that may help manage, improve, and prevent poor oral care.



Healthier Dental Habits Questionnaire



Quiz & Answers - English



Quiz & Answers - Spanish



Healthier Dental Habits



[Click here](#) for the entire United at Work catalog.

Next Month's Preview...



Health Observance
Sleep Awareness Month



Health Tip Flier of the Month
Sleep for Health



United at Work Presentation
Sleep for Health