

## WHAT CAN I DO TO MAINTAIN GOOD ORAL HEALTH?

- Drink fluoridated water at recommended level and brush with fluoride toothpaste twice a day. Fluoride protects against dental decay at all ages.
- Practice good oral hygiene. Careful tooth brushing and flossing to reduce dental plaque can help prevent gum disease.
- Clean between teeth daily once a day. Tooth decay-causing bacteria still linger between teeth where toothbrush bristles can't reach. This helps remove plaque and food particles from between the teeth and under the gum line.
- Eat a balanced diet that limits sugary beverages and snacks.
- Avoid tobacco. Smokers have seven times the risk of developing periodontal diseases compared to non-smokers.
- Limit alcohol. Drinking high amounts of alcohol is a risk factor for oral and throat cancers.
- Replace your toothbrush every three or four months, or sooner if the bristles are frayed. A worn toothbrush won't do a good job of cleaning your teeth. See your dentist regularly for prevention and treatment of oral disease.

### Local Oral Health Providers Mammoth Lakes

- **Mammoth Hospital Dental Clinic** (MediCal provider) – Mammoth Lakes, CA 760-924-4007
- **Mammoth Dental**–Mammoth Lakes, CA 760-934-8571
- **Dr. Comfort** – Mammoth Lakes, CA 760-934-3730

### Bishop

- **Toiyabe Indian Health Project Dental** (MediCal provider) Bishop & Lone Pine, CA 760-873-3443
- **Valley Health Team** (MediCal provider) Bishop, CA 760-784-7020
- **Brian L. Carkeet DDS** Bishop, CA 760-873-3227
- **Spika Dental** – Bradford Spika DDS Bishop, CA 760-873-3208
- **Skyline Family Dentistry** – Bishop, CA 760-873-6513

### Nevada

- **Hawthorne Dental, DDS** Hawthorne, NV 775-945-2438
- **Smith Valley Smiles** – Smith Valley, NV 775-465-2388
- **Arrowhead Dental** – Minden 775-782-0022



# Oral Health for Adults

Local Oral Health Program

Mono County Health Department

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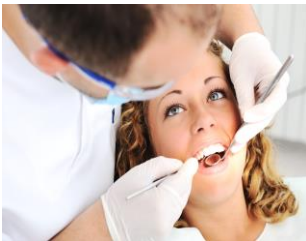


# Healthy teeth are necessary for a healthy body.

With good habits at home like brushing, flossing, fluoride, regular dental care, and avoiding tobacco products, adults are able to keep their teeth for a lifetime. Everyone, even older adults with dentures, needs an annual oral screening.

## Oral Cancer

Oral cancer most often happens in people over age 40. Treatment works best before the disease spreads. Pain is not usually an early symptom of this disease. A dental check-up is a good time for your dentist to look for signs of oral cancer. Even if you have lost some or all of your natural teeth, you should still see your dentist for regular oral exams.



## Cavities

Cavities, or tooth decay, is the destruction of your tooth enamel, the hard, outer layer of your teeth. It can be a problem for children, teens and adults. Plaque, a sticky film of bacteria, constantly forms on your teeth. When you eat or drink foods containing sugars, the bacteria in plaque produce acids that attack tooth enamel. The stickiness of the plaque keeps these acids in contact with your teeth and over time the enamel can break down. This is when cavities can form. A cavity is a little hole in your tooth.

**You can help prevent tooth decay by following these tips:**

- Brush twice a day with a fluoride toothpaste.
- Clean between your teeth daily with floss or interdental cleaner.
- Eat nutritious and balanced meals and limit snacking.
- Check with your dentist about the use of supplemental fluoride, which strengthens your teeth, and about use of dental sealants (a plastic protective coating) applied to the chewing surfaces of the back teeth (where decay often starts) to protect them from decay.
- Visit your dentist regularly for professional cleanings and oral examination.

It is important to have regular preventative cleaning appointments. A list of local oral health providers is included on the back of this brochure!

## Smoking and Tobacco

Smoking and chewing tobacco are not only bad for your overall health, but also your oral health. Tobacco products can cause bad breath, in addition to other problems.

**Other possible oral health impacts of smoking and all tobacco products include:**

- Stained Teeth and Tongue
- Dulled Sense of Taste and Smell
- Slow Healing After a Tooth Extraction or Other Surgery
- Difficulties in Correcting Cosmetic Dental Problems
- Gum Disease
- Oral Cancer

**For more information and FREE DENTAL SUPPLIES please contact Mono County Health Department  
1290 Tavern Road, Suite 246  
Mammoth Lakes, CA 93546  
760-924-1830**

