

TOOTH OR CONSEQUENCES

OFFICIAL NEWSLETTER OF ALTIMA DENTAL CANADA



Special COVID-19 ISSUE



Upcoming Events and Promotions

APRIL
Oral Cancer Awareness
Month

MAY 10, 2020
Mother's Day

MAY 15, 2020
World Orthodontic
Health Day

*Ask your clinic for more
information on local
events and promotions!*

New Normal, Same Routine!

We hope that you are all staying safe and healthy! Along with many other businesses, dentists across the country have been forced to close except for emergencies during the COVID-19 pandemic. Now that you can't visit a professional for oral hygiene, it is up to you to make sure that your teeth, tongue, and gums get the best possible self-care. This issue of the newsletter will give you some tips to help you stick to your routine in quarantine and help you build new healthy habits. Along with brushing, it is also important to keep flossing. Add two minutes to your daily oral healthcare regimen and floss for a cleaner, healthier you! You may find yourself tackling some spring cleaning at home while under quarantine but be sure to look

beyond your closet and 'spring clean' your mouth as well! This is a great time to take inventory of old and new things – like your old toothbrush or that roll of dental floss you never got around to using. Also, be mindful when eating and drinking, to make sure you are nourishing your body, because a healthy diet not only helps your gut, but also your oral health. Remember that your oral health is linked to your overall health. April was also Oral Cancer Awareness month and it highlights the importance of oral cancer examinations to help spot any abnormalities early on. Keep reading for instructions on how you can perform an oral cancer self-exam at home.

Your friends in dental health,

*The Team at
Altima Dental*

How Dirty Is Your Toothbrush?

BY ALTIMA DENTAL



Did you know that the average toothbrush can contain more than 10 million bacteria, including E. coli and Staph? Did you also know that you can avoid the spread of those germs by regularly cleaning your toothbrush? It is recommended that you change your toothbrush or electric toothbrush head every three months or after you have been sick to avoid the spread of germs. However, cleaning your toothbrush regularly can remove other harmful bacteria that can potentially jeopardize your oral health. Now more than ever, it is crucially important to take appropriate safety measures and avoid the spread of germs and viruses. To help you keep your toothbrush germ-free, we have compiled a list of the safest and most effective ways you can clean your toothbrush (and keep it clean) at home.

Clean Your Toothbrush with Mouthwash

Soak your toothbrush in a cup of antibacterial mouthwash – mouthwash containing alcohol will kill off more of the bacteria. Stir the bristled end of your toothbrush or electric toothbrush head around for 30 seconds, this will loosen any food particles, hardened toothpaste or germs from the last use.

Clean Your Toothbrush with Baking Soda

Soak your toothbrush in a cup of water with 2 teaspoons of baking soda. Baking soda has antibacterial activity and has been found to kill bacteria that is a major contributor to tooth decay.

However, baking soda may be ineffective against fighting salmonella, E. coli and Staph, and has been linked to destroying the oral microbiome, which many dental professionals deem counterproductive to achieving optimal oral health.

Clean Your Toothbrush with Vinegar

Although this biodegradable alternative cannot kill dangerous bacteria like Staph, vinegar can be an effective disinfectant against some bacteria and viruses, including the flu. Stir the bristled end of your toothbrush or electric toothbrush head in a cup of vinegar for 30 seconds to breakdown and remove food proteins, bacteria and hardened toothpaste.

Clean Your Toothbrush with Hydrogen Peroxide

Keep your toothbrush in a 3% Hydrogen Peroxide solution – mix 1 teaspoon of Hydrogen Peroxide in 1 cup of water. Make sure that you use enough solution to cover the head of the toothbrush and change the solution daily for an effective clean. Remember, Hydrogen Peroxide has antimicrobial properties but can be harmful and should only be used at concentrations lower than 3% to disinfect.

Clean Your Toothbrush with Denture Cleaner

Sanitize your toothbrush or electric toothbrush head by soaking it in a cup of water with a denture cleaner tablet. These antibacterial cleaning products work by breaking down food protein and bacteria deposits, and loosening particles stuck between the bristles. These cleansers are formulated for oral use, so this is a safer disinfectant option if you are wary about using Hydrogen Peroxide or other solutions.

Clean Your Toothbrush in Your Dishwasher

Disinfect your toothbrush by putting it in your dishwasher either with your utensils or on the top rack. If you are using an electric toothbrush and wish to clean your toothbrush head in the dishwasher, place it in a dishwasher-safe case to ensure their stability during the cycle.

Tips to Keep Your Toothbrush Clean

- Wash your hands with soap before and after touching your toothbrush. This is a safe way to avoid potentially spreading anything to or from your mouth.

- Rinse your toothbrush before and after every use by holding it under hot water. This will soften the bristles and release any particles from the last use.
- Store your toothbrush inches away from other toothbrushes. Shared toothbrush holders are often too small for safe storing.
- Keep your toothbrush far away from the toilet and always flush the toilet with the top lid down, to minimize the spread of airborne bacteria particles.
- Air dry your toothbrush by shaking the excess water from the bristles and storing it upright. Storing your toothbrush head down places the bristles in residue at the bottom of the toothbrush holder and allows for bacteria from the handle to drip down onto the bristles.
- Clean your toothbrush holder regularly using soap and water or any of the recommended toothbrush cleaning techniques above.
- Hold your toothbrush away from the tip of your toothpaste tube or pump to reduce the chances of cross contaminating your toothbrush or toothpaste.

- Only place a toothbrush cover or protector on a dry toothbrush to safeguard from airborne or hand-held germs.

Brushing your teeth for two minutes, twice a day is very important. The cleanliness of your toothbrush is equally important when it comes to the quality of brush your smile is getting. To maintain optimal oral health at home during the COVID-19 pandemic, be sure to clean your teeth with a fresh, soft-bristled toothbrush everyday.



ORAL CANCER AWARENESS

 Men over the age of 50 are twice as likely to develop oral cancer than women

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 A diet low in fruits and vegetables puts you at greater risk of oral cancer

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 For people who smoke and drink heavily, the risk of oral cancer may be as high as 100% more than the risk for people who do not smoke or drink

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 Signs and symptoms of oral cancer include:

- voice changes
- a lump or growth on the lips, in the mouth or on the tongue
- thickening of the inner cheek lining (the buccal mucosa)
- white patches (leukoplakia), red patches (erythroplakia) or mixed red and white patches (erythroleukoplakia) on the lips or in the mouth

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- 
- bleeding in the mouth
 - loose teeth
 - slurred speech
 - dentures that no longer fit
 - earache that doesn't go away
 - swollen salivary glands
 - swollen lymph nodes in the neck (called cervical lymph nodes)
 - numbness or loss of sensation over the tongue or lips
 - swelling of the jaw
 - pain when swallowing
 - weight loss

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 Most oral cancers are located on the sides of the tongue, floor of the mouth and lips

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How To Conduct An Oral Cancer Self-Exam

BY ALTIMA DENTAL



Every year in April, Oral Cancer Awareness Month helps bring attention to the disease and highlights the importance of regular oral cancer screenings. Although it is recommended that you visit your dental team regularly for in-clinic exams, at-home oral cancer self-examinations should be conducted monthly. Now that you can't visit a professional for an exam, we have put together a step-by-step guide for examining your own mouth at home.

You Will Need:

- Hand soap
- Flashlight
- Small mirror
- Piece of gauze
- Wall mirror

Step 1: Wash your hands properly for 20 seconds with hand soap.

Step 2: Check both sides of your face and neck in the mirror, they should look the same.

Step 3: Look for any changes in skin colour, moles that have changed, lumps or sores on your face and neck.

Step 4: Gently feel both sides of your jaw and neck using your fingertips looking for bumps, lumps and sore spots.

Step 5: Place your fingers over your "Adam's apple" and swallow. It should move up and down, not side to side. Record any hoarseness that lasts longer than two weeks.

Step 6: Remove any orthodontic appliances or dentures from your mouth.

Step 7: Using clean hands, check the inside of your mouth with a clean flashlight and small mirror.

Step 8: Examine the roof of your mouth for changes in colour or lumps. Gently press against the roof of your mouth using your index finger. Record any colour changes or feel.

Step 9: Using your index finger, check the floor of your mouth. Record any colour changes, feel or change in mouth shape.

Step 10: Using a piece of gauze, pull out your tongue. Examine all sides, feel your tongue with clean fingers, and record any colour changes, feel or swelling.

Step 11: Examine your gums. Gently run your index finger over your upper and lower gums. Record any colour changes, bumps, lumps or tenderness that last longer than 14 days.

Step 12: Gently flip your upper lip up and then your lower lip down to check for bumps, lumps or colour changes. Use your index finger and thumb to gently pinch your lips and cheeks. Feel for bumps, lumps or tenderness. Record any loss of feeling, pain or areas that bleed unreasonably.

It's important to learn to recognize the normal conditions of your own mouth so that you can detect abnormal conditions and report anything unusual to a dental professional or a medical specialist. When detected early, oral cancer has an estimated 80 percent survival rate, so it is important to incorporate the 12-step self-screening process above into your monthly routine. If you record any suspicious abnormalities in your mouth, neck or on your lips, please contact your dental team or medical specialist immediately.



Cold Soba Noodles With Jammy Eggs And Peas

Ingredients For Noodles

- 1/2 cup shelled fresh peas (from about 8 ounces pods), pods reserved
- Kosher salt
- 1 serrano chile, thinly sliced
- 1/4 cup kimchi juice (from a jar of kimchi)
- 3 tablespoons white or regular soy sauce
- 2 tablespoons unseasoned rice vinegar
- 1 teaspoon sugar
- 1/2 teaspoon grated peeled ginger
- 1/2 teaspoon toasted sesame oil
- 1/2 teaspoon chili oil, plus more for serving
- 6 ounces dried soba noodles
- 2 cups pea shoot (tendrils) or mâche
- 1 cup sliced quartered radishes
- 1 cup tatsoi or watercress greens
- sliced scallions (for serving)
- 4 large eggs

Recipe from *bon appetit*

Method

Step 1: Bring a large saucepan of water to a boil over medium-high heat. Using a slotted spoon, carefully lower eggs into water one at a time. Cook 6½ minutes, adjusting heat to maintain a gentle boil. Transfer eggs to a bowl of ice water and chill until just slightly warm, about 2 minutes. Gently crack eggs all over and peel, starting from the wider end, which contains the air pocket.

Step 2: Cook peas in a pot of boiling salted water until tender, about 2 minutes. Drain; transfer to a bowl of ice water. Let cool, then drain. Set aside.

Step 3: Bring pea pods (you should have about 4 oz.) and 1½ cups water to a boil in a small saucepan over medium heat. Reduce heat and simmer until vegetables are soft, 20–30 minutes. Strain through a fine-mesh sieve into a medium bowl; discard solids. Cover and chill stock until cold, about 30 minutes.

Step 4: Whisk chile, kimchi juice, soy sauce, vinegar, sugar, ginger, sesame oil, and ½ tsp. chili oil into pea stock..

Step 5: Cook soba noodles in a pot of boiling salted water until tender; transfer to a bowl of ice water (this will stop the cooking). Swish noodles around; drain.

Step 6: Add noodles to bowl with stock mixture, along with pea shoots, radishes, tatsoi, and reserved peas and give it all a good toss to make sure noodles and vegetables are evenly coated. Divide among bowls; top with eggs and scallions and drizzle with a little chili oil.

Healthy Food For A Healthy Mouth



Calcium-rich foods:
low-fat milk, yogurt, dark
green leafy vegetables to
help promote strong
teeth and bones

Vitamin C: citrus fruits,
tomatoes peppers,
broccoli, potatoes and
spinach promote
gum health

Phosphorus: eggs, fish,
lean meat, dairy, nuts,
and beans are good for
strong teeth

How to handrub

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Rub hands for 15 seconds



Apply 1 to 2 pumps
of product to palms
of dry hands.



Rub hands
together, palm
to palm.



Rub in
between and
around fingers.



Rub back of each
hand with palm
of other hand.

Rub hands for 15 seconds



Rub fingertips
of each hand in
opposite palm.



Rub each
thumb clasped in
opposite hand.



Rub hands until
product is dry.
Do not use
paper towels.



Once dry, your
hands are safe.

WHAT IS A DENTAL EMERGENCY?



**HEAVY BLEEDING
THAT DOES NOT STOP**



**SWELLING/INFECTION THAT
MAKES IT HARD TO BREATHE**



**TOOTH THAT HAS BEEN
KNOCKED OUT**



SEVERE TOOTH PAIN

If you require urgent dental care, please contact your local clinic right away. After-hours you may also call 1-(855) 335-1555 to connect to our Emergency Helpline available 24 hours a day, 7 days a week. Patients will be screened over the phone and in-person to ensure compliance with current COVID-19 guidelines.

As emergency rooms across the country are already overwhelmed, it is important that we all do our part to help flatten the curve and minimize the burden on our healthcare system. Please do not go to an emergency room or call 9-1-1 unless you have an emergency. Our teams will be available to provide dental treatment and guidance when necessary.

5 Ways Oral Probiotics Can Keep Your Mouth Healthy

BY HEALTHLINE.COM



Probiotics are healthy bacteria. They're mostly known for their impact on digestive health. But research is starting to show that they can help keep your mouth healthy, too. The U.S. Food and Drug Administration has not yet approved oral probiotics for any medical use. But several studies suggest that probiotics can benefit your oral health. Here's what the research says about five possible benefits of oral probiotics:

Prevent Plaque

We all have many different types of bacteria in our mouths. Some of them cause plaque. A study from 2016 found that a strain of bacteria known as A12 can help fight a cavity-causing bacterium called *Streptococcus mutans*. *S. mutans* turns sugar into lactic acid. This creates an acidic environment in the mouth that leads to cavities and plaque. The researchers grew both types of bacteria together in the lab. The A12 bacteria stopped the *S. mutans* from growing and from making any plaque.

Fight Bad Breath

Several studies have looked at whether probiotics can help fight bad breath. Bad breath is often caused by bacteria in your mouth or gut. One study had 23 people use an antimicrobial mouthwash and then take either a placebo or a supplement with the

probiotic *Streptococcus salivarius* for three days. They found that 85% of the people who took the probiotic had major reductions in the amount of bacteria that caused the bad breath. More research needs to be done to prove how well oral probiotics can fight or prevent bad breath.

Prevent Oral Cancer

A study from 2013 found that a bacterium called *Lactobacillus salivarius* reduced oral cancer in rats. More studies need to be done to confirm this benefit.

Manage Symptoms Of Gingivitis

A study from 2006 suggests that probiotics can reduce symptoms of gingivitis. Gingivitis is also known as gum disease. It can cause swollen, tender gums and sensitive teeth. The researchers gave 59 people with gingivitis a supplement containing either a probiotic bacterium known as *Lactobacillus reuteri* or a placebo. The participants returned two weeks later. The researchers found that the gingivitis symptoms had improved the most in the group taking the highest dose of probiotics. The people taking probiotics also had less plaque.

Decrease Inflammation From Gum Disease

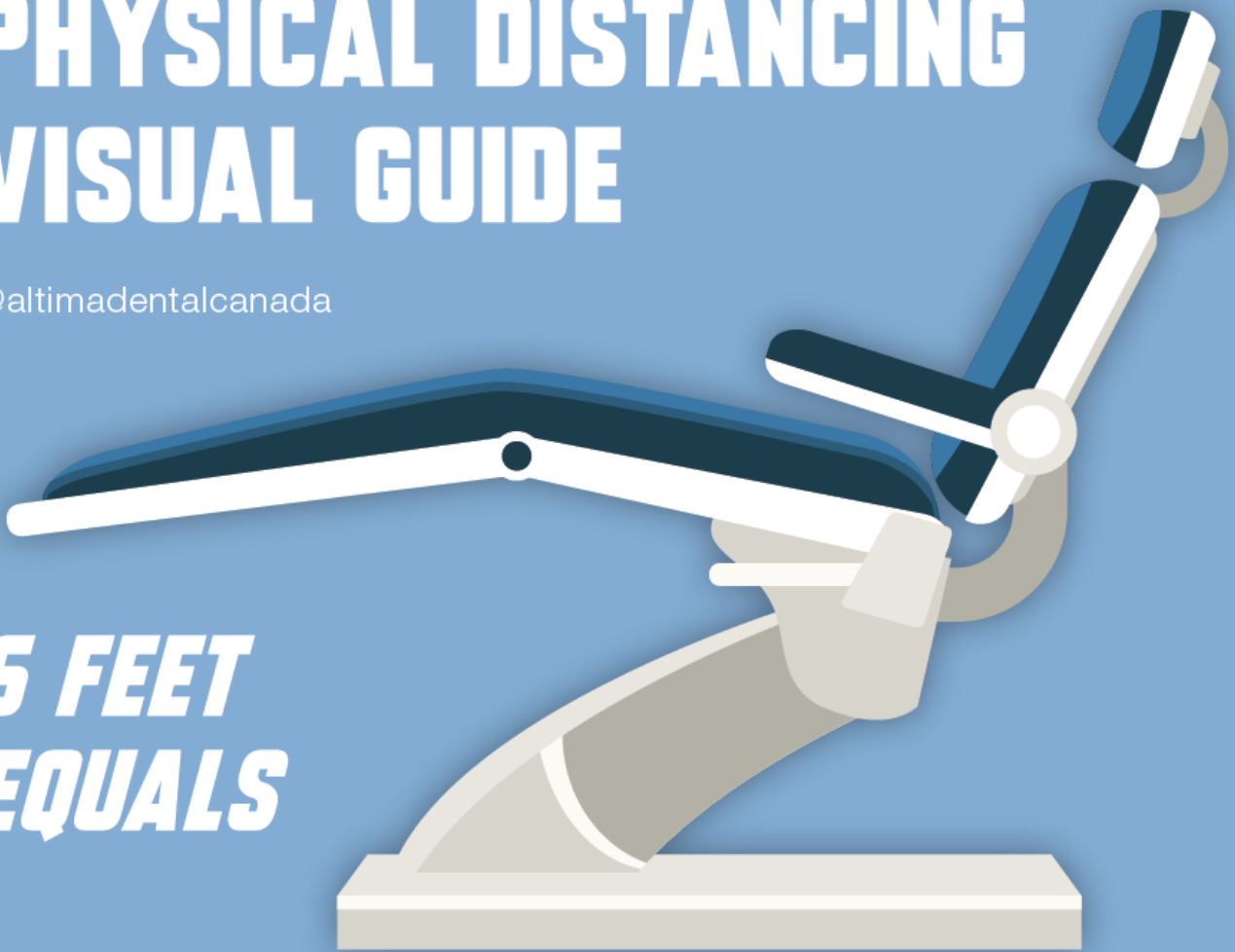
Research suggests that probiotic bacteria may help manage inflammation from gum disease. A 2007 study showed that people who took supplements containing the bacteria *Lactobacillus brevis* had decreased inflammation. Another study found that drinking probiotic milk daily decreases oral inflammation.



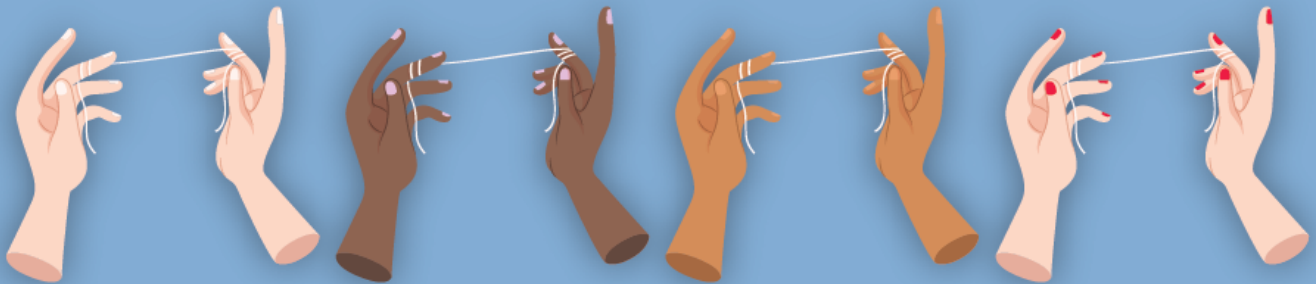
PHYSICAL DISTANCING VISUAL GUIDE

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**6 FEET
EQUALS**



1 DENTAL CHAIR



4 PIECES OF RECOMMENDED-LENGTH DENTAL FLOSS



7 ELECTRIC TOOTHBRUSHES



36 ORTHODONTIC APPLIANCES

At-home Oral Healthcare Tips

BY ALTIMA DENTAL



In these unprecedented times of staying at home and self-isolating, good at-home oral healthcare is even more important. Now that you can't visit a professional for oral hygiene, it is up to you to make sure that your teeth, tongue, and gums get the best possible self-care. We have compiled a list of five important at-home oral healthcare tips for you and your loved ones to follow for optimal oral health in quarantine:

Clean Your Toothbrush

First and foremost, it is important that you wash your hands with soap before and after touching your toothbrush, to avoid potentially spreading anything to or from your mouth. Be sure to rinse your toothbrush before and after every use by holding it under hot water. This will soften the bristles and release any food particles or hardened toothpaste from the last use. Some other ways you can disinfect your toothbrush at home include soaking it in antibacterial mouthwash, soaking it in 1 cup of water mixed with 2 teaspoons of baking soda, and soaking it in a cup of water with a denture cleaner tablet. These methods will effectively and safely disinfect your toothbrush to prevent the spread of germs.

Follow The '2x2 Rule'

Brush your teeth for two minutes, twice a day with a clean, soft-bristled toothbrush. If you are using a manual toothbrush, be sure to hold it at a 45° angle

to your gums and brush gently in a circular motion. And if you are using an electric toothbrush, gently brush in a gliding motion, tooth-by-tooth. If your toothbrush doesn't have a built-in timer, put on a favourite song, scroll through social media, or put on a short YouTube video. To get the kids excited, schedule 'brushing parties' to make this essential part of you and your family's daily routine more enjoyable.

Stick To Your Routine

Your normal daily routine may have completely gone out the window, but it doesn't mean your oral health routine needs to change. Just because you aren't leaving your house, doesn't mean that you don't have to brush your teeth in the morning. It's now more important than ever to stick to your daily regimen. Along with brushing, it's also important to keep flossing! (No, the dance does not count). Flossing in-between your teeth with dental floss is an often overlooked yet necessary oral health practice. Even though you brush your teeth (twice a day), debris and plaque collect between them. Interdental cleaning helps cleanse hard-to-reach areas of bacteria or food particles that your toothbrush may leave behind. Flossing also helps reduce your risk of developing gum disease, periodontal disease and heart disease. Add two minutes to your daily oral healthcare regimen and floss for a cleaner, healthier you!

Limit Acidic Drinks And Sugary Foods

Did you know that sugary snacks aren't the only thing that can harm your smile? Foods and drinks that are high in acid can also have a negative impact on your oral health. Acids wear away the enamel that protects your teeth, and over time when your enamel is weakened or destroyed, cavities form. This process is called 'tooth erosion' and can cause severe permanent damage to your smile. Some ways to protect your teeth at home include: limiting your consumption of sugary, acidic beverages and foods, rinsing your mouth with water after drinking soft drinks, teas, coffees and juices, as well as brushing and flossing your teeth after snacking on sugary treats. Chips and popcorn that get stuck in-between your teeth expose them to sugars and acids that develop plaque, erode enamel, and cause cavities. This doesn't mean you cannot treat yourself; just be mindful of how you are treating your oral and overall health.

Know When To Change Your Toothbrush

It is recommended that you change your toothbrush or electric toothbrush head every three months to ensure you are cleaning your teeth with fresh, soft-bristled brush. Bent, frayed bristles cannot clean your teeth effectively, and often hold onto bacteria that can jeopardize your oral health. If you or a loved one gets sick, we recommend that you safely dispose

of the old toothbrush to avoid the spread of germs and potentially compromise other peoples' overall health, especially during this COVID-19 pandemic.

Taking care of your oral and overall health has never been more critical. As we stay home and distance ourselves to combat the spread of COVID-19, let's also remember to continue fighting plaque, cavities, and tooth decay.

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