The cold weather beckons the urge to warm up to hot cocoa, coffee and hearty meals. While delicious and satisfying, these treats could negatively affect your oral health. Fortunately, there are numerous ways to whiten your smile naturally.

A whiter smile is the simplest way to boost your confidence and have better oral health. After trying a couple of these tips, you will have plenty of reasons to smile:

1. Crunchy stuff- The more you crunch the better your smile. When you eat crunchy foods like apples, celery and carrots you are naturally scrubbing your teeth. This is because all of these foods have naturally abrasive fibers. Also the exertion to masticate these foods causes stimulation in your salivary glands which deters plaque formation.

2. Take a note from the jeans from the 80’s- Just like those acid washed jeans that were all the rage, acidic fruits will whiten your teeth. Add a little bit of lemon, orange, and pineapple to your diet and you will start reaping the benefits. The citric acid in these foods contains a lightening agent on tooth enamel while simultaneously killing bad breath.

3. Strawberry Delights- Strawberries are unique because they are red but do not stain your teeth. This is because they contain malic acid that works as natural bleach. The seeds add double the whitening because they scrub your teeth as you chew.

4. Say Cheese! - Dairy products like milk and aged cheese buff out acid erosion and have calcium to make your smile stronger.

To protect your pearly whites, avoid any food you wouldn’t eat while wearing white. This includes soy sauce, tobacco, red wines, coffee, tea, dark fruits and juices. Avoid soft drinks, not only do they stain your teeth, they cause tooth decay from acid erosion and high sugar content.
SERVICE SPOTLIGHT
Real Plan. Real People. Real Service.

Jessica Belanger
Northwest Operations Coordinator

How long have you been with Dental Health Services?
I have been with Dental Health Services approximately a year and a half.

What do you enjoy most about working for Dental Health Services?
I really enjoy working collaboratively with my assistant, Emily. It’s so satisfying to work in sync with another person who’s on exactly the same page as you are and who shares the same work ethic.

Tell us what your typical day is like.
It’s mostly desk work—responding to emails, answering phone calls, paperwork—almost all of which requires urgent attention. The urgency of the work I do makes the day go by quickly and ensures that I’m constantly challenged to improve my methods.

What do you enjoy doing outside of work?
Nights and weekends are when I decompress. I love to relax, watch television and movies, play with my dogs, and go to concerts. I’m fairly new to Seattle (I moved here shortly before starting at this company), and I’m still excited every day by the prospect of exploring a new city.

Make Brushing Fun!
Getting children to brush their teeth regularly can be a chore. However, there are things you can do to encourage them and make it fun. The important thing is to build strong habits now and start on the path to a healthy smile.

• Have them watch you brush and floss. For fun, let them help you brush your teeth.
• Make it easier for them to remember to brush by placing their toothbrush by their pillow and breakfast utensils.
• Boost their confidence by commenting on their fresh breath and sparkly smile.
• Try a fun toothbrush that showcases their personality.
• Make brushing more exciting by switching the colors of toothpaste for different times of the day and different days of the week.

Got any tips on how to get kids to brush their teeth? Share your ideas by emailing us at communication@dentalhealthservices.com.

Understanding Your Preventive Coverage

You can visit your Quality Assured dentist twice a year for preventive services under your Dental Health Services plan. Visiting your dentist regularly will help keep your pearly whites healthy and bright.

Routine dental visits can also help diagnose problems before they would show up in a medical physical. Many times, your dentist can spot symptoms of illness, such as hypertension and diabetes. Regular dental visits can also prevent periodontitis, which if not treated can spread and affect other parts of your body.

Finally, regular visits are the best way to detect oral cancer early. Every hour, one person in the U.S. dies from oral cancer. Your Quality Assured dentist is better trained to screen for oral cancer than your primary physician. Remember early detection is key to surviving this disease.

It might be time to make an appointment if it has been more than six months since your last visit.