

Dental Fun Facts

Did you know that Americans cite bad breath as the least attractive trait a co-worker can have? Be more popular around the water cooler and brush after lunch.

Cap the paste but not the brush. Covering the brush can trap moisture and encourage bacteria growth. Yeah, we know. Gross, huh?

The average woman smiles about 62 times a day, while the average man smiles only 8 times. Women are also more likely to brush their teeth and visit the dentist regularly. Think there might be a connection here?

Bottled water doesn't contain the tooth-decay fighting fluoride, which is added to most municipal water supplies. Ditch the bottle and drink from the tap.

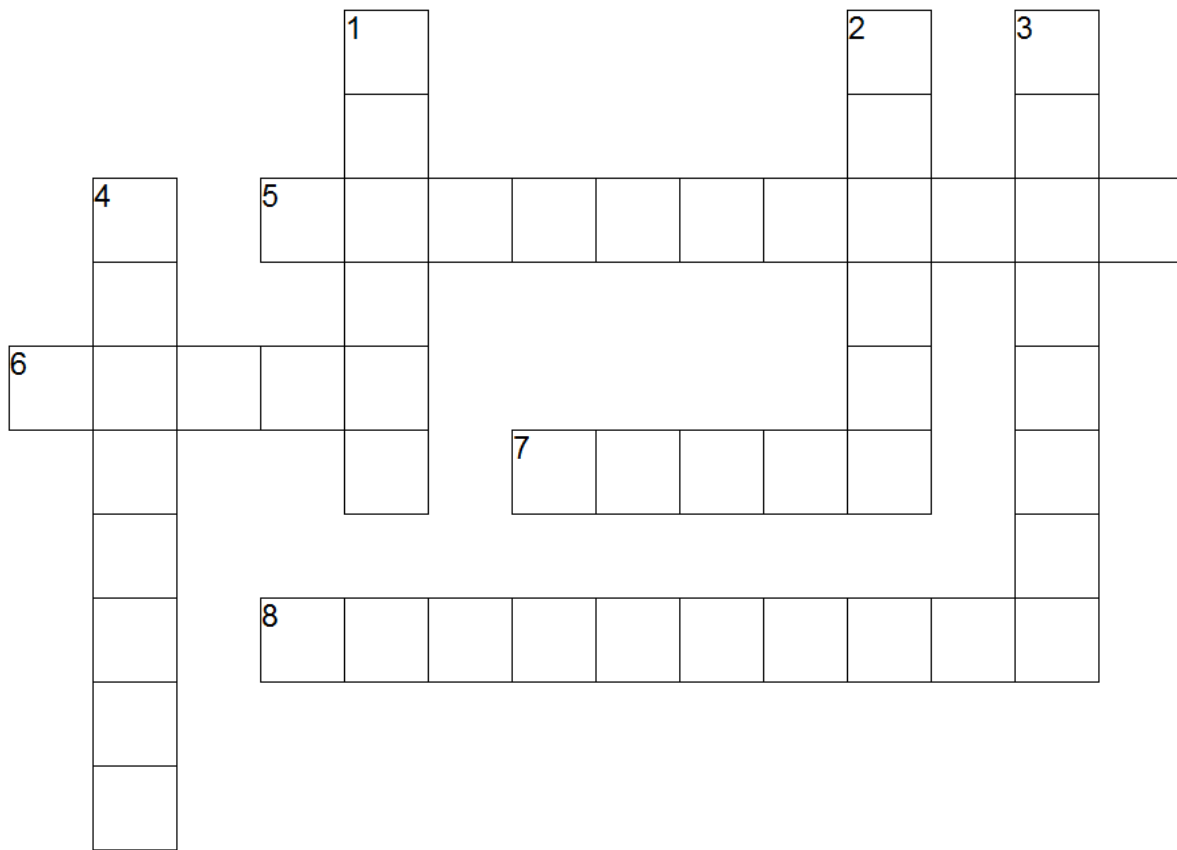
Each day, the average person spends 8.5 hours sleeping, 1 hour eating, 7.2 minutes volunteering and only 50 seconds brushing their teeth. Set your alarm 2 minutes earlier and squeeze in some extra brush time. Dentists recommend 2-3 minutes.

Americans spend \$100 billion per year on hair care products – and only \$2 billion a year on dental care products. What good is great hair without a great smile?

Contrary to popular belief, George Washington's famous dentures weren't made from wood. His four pairs of custom chompers were crafted from gold, ivory, lead and a mixture of human, donkey and hippopotamus teeth (take care of yours and you won't have to think about it!).



SENIOR ORAL HEALTH CROSSWORD #2



ACROSS

- 5 What type of water is best for Dental Health?
- 6 Energy Drinks, Cough Drops and other foods containing _____ should be limited.
- 7 Brush your teeth at least _____ daily.
- 8 Use floss or _____ to remove food from between teeth .

DOWN

- 1 Large teeth at the back of the mouth used for chewing.
- 2 Harmful buildup on teeth.
- 3 Regular dental _____ should be scheduled even if you have dentures.
- 4 Toothpaste containing this is best for Oral Health.

WORD BANK: Checkups, fluoridated, fluoride, molars, plaque, sugar, toothpicks, twice.

Puzzle #2 – Solutions:

Across: 5. Fluoridated; 6. Sugar; 7. Twice; 8. Toothpicks

Down: 1. Molars; 2. Plaque; 3. Checkups; 4. Fluoride