

grin!®

news, notes &
entertainment to
keep your smile
healthy & happy

fall
2016
volume 5, issue 3

**3 simple swap-outs
to bake healthier
sweets**

**5 items your hygienist
recommends keeping
handy**

**Quit smoking to
save your teeth**

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6

feature article why you should stamp out your smoking habit

cavity-free calendar

September

It's autumn, which means lots of healthy veggies are in season. Look for pumpkins, squash, Brussels sprouts, cauliflower, cabbage and kale. And give our pumpkin hummus dip recipe on [page 8](#) a try!

October

Happy Halloween! Swap out sticky treats with dark or milk chocolate. They wash away more easily than other sweets, reducing teeth's contact with sugar.

November

If you or a loved one is trying to stop smoking, mark **Nov. 17** on your calendar for the **American Cancer Society's Great American Smokeout**. Check out [page 6](#) to read about the benefits of quitting.



on topic with dr. kohn

is vaping as harmful to teeth as smoking?

Meet Delta Dental's Vice President of Dental Science and Policy, Bill Kohn, DDS. Formerly the director of the Division of Oral Health at the Centers for Disease Control and Prevention, Dr. Kohn has timely tips and valuable insights to share as our resident dental expert.

Everyone knows about the negative consequences of smoking: In addition to causing yellow teeth and stinky breath, smoking is a leading cause of gum disease and oral cancer. But what about “vaping,” or smoking electronic cigarettes? E-cigarettes are battery-powered devices containing a metal heating element that vaporizes a solution containing a mixture of chemicals, including nicotine, natural flavors and other additives. Though they’re sometimes touted as a smoking cessation aid or a “safe” alternative to smoking, we just don’t know enough to support that. According to the National Institute of Dental and Craniofacial Research, “The effects of long-term exposure to e-cigarettes are completely unknown and present a potential oral cancer and periodontal disease risk for users, due to their higher exposure to these chemical mixtures.” Whether you smoke traditional or e-cigarettes, the best option is to quit. Talk to your physician or dentist about safe tobacco cessation measures.

4 tips for a healthier Halloween

Follow these tips to keep kids cavity-free.

1. **Limit chewy and sticky sweets.** Sticky candies, like caramel and taffy, cling to teeth, giving cavity-causing bacteria time to set up shop.
2. **Chocolate is a better option.** Compared to other candies, chocolate dissolves and washes away quickly, so it’s less likely to cause decay.
3. **Moderate the candy haul.** Instead of letting kids have free rein, dole out a few pieces with meals.
4. **Sell your sweets.** Check if your dental office offers a buy-back program. You can look up your ZIP code at halloweencandybuyback.com.

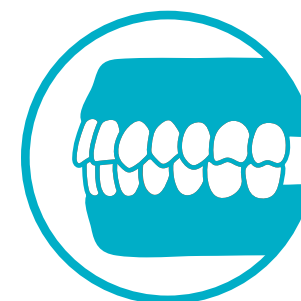


readers ask, we answer

Kelly writes:

“What’s the difference between an overbite and an underbite?”

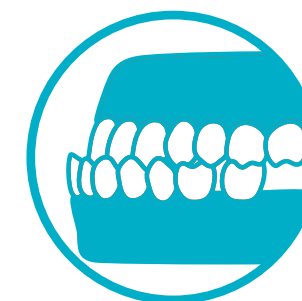
Hi, Kelly. An overbite is when the top row of teeth overlaps or sticks out beyond the bottom row of teeth. An underbite is just the opposite — when the bottom row overlaps the top.



Aligned



Overbite



Underbite

Overbites and underbites are common, but severe misalignment can lead to chipped or fractured teeth, tooth decay, gum disease and strain on the teeth, jaws and muscles. Bite problems can also compromise speech.

Underbites and overbites can often be corrected with orthodontic treatment, including retainers and braces. Severe cases may need surgery. Your dentist can refer you to an orthodontist.



Have a question you'd like us to answer? Send it to grin@deltadental.com, and it could be featured in an upcoming issue.

two-word answers

Q: How much money did the Tooth Fairy leave under pillows in 2015?

A: \$256 million*

Delta Dental 2016 Original Tooth Fairy Poll



Why You Should STAMP OUT Your Smoking Habit

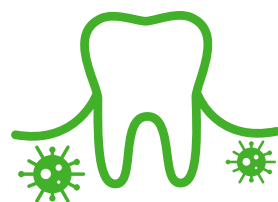
If you're one of the 42 million Americans who smoke cigarettes, it's not too late to quit. And you don't have to do it alone. Kick the habit with millions of others during the American Cancer Society's Great American Smokeout Nov. 17. Here are just a few health benefits you'll enjoy once you quit:



Less plaque and fewer cavities. When you smoke, plaque builds up on your teeth much more quickly. This sticky substance can eventually lead to cavities, gum disease and tooth loss.



Better breath. Smoke isn't the only cause of smoker's breath. Cigarettes also dry out the mouth, encouraging the growth of foul-smelling bacteria.



Lower risk of gum disease. Smokers are two to three times more likely to develop gum disease. Nicotine limits blood flow to the mouth, and tobacco weakens immune response to harmful bacteria.



Lower risk of tooth loss. Non-smokers have healthier teeth and healthier gums, which make them less likely to lose teeth than smokers.



Whiter teeth. Nicotine and tar can cause light brown or yellow stains on tooth enamel.



Less tooth pain. Smokers are more likely to have receding gums, which can make teeth more sensitive to hot and cold. Not only is tooth sensitivity an uncomfortable feeling, it can also limit enjoyment of foods and drinks such as ice cream and coffee.

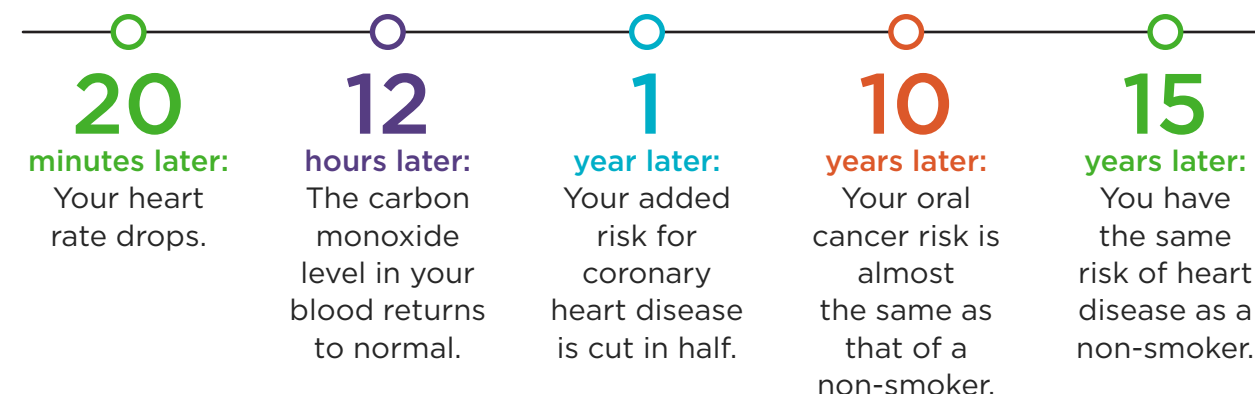


A better immune system and faster healing. Frequent use of tobacco can suppress the immune system and slow the healing process. And because using tobacco is a major cause of gum disease and decay, smokers typically have more tooth extractions and oral surgery than non-smokers.



Decreased risk of oral cancer. In 2016, approximately 48,000 people will be diagnosed with oral or pharyngeal cancer in the U.S. — and 75% of cases are directly related to heavy tobacco and/or alcohol use. Even if you've smoked for decades, your oral cancer risk drops by 30% a year or two after you quit for good.

AFTER YOUR LAST CIGARETTE



Giving up tobacco can be hard. But you don't have to go it alone — there are plenty of free resources to help you quit. Visit smokefree.gov, call 1-800-QUIT-NOW or discuss smoking cessation options with your healthcare provider.





history of oral health: teeth and the military

Here are a few facts to keep in mind when you celebrate veterans on Nov. 11.

mouth-friendly recipe: pumpkin hummus

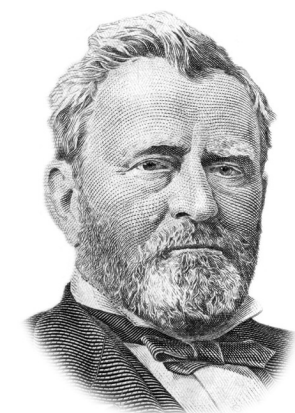
Try this tasty hummus for a fall-inspired dip that’s good for your gums. Packed with gum-boosting vitamins A and C, this hummus also features garbanzo beans for added fiber. Serve with crisp veggie slices for a refreshing snack.

Ingredients:

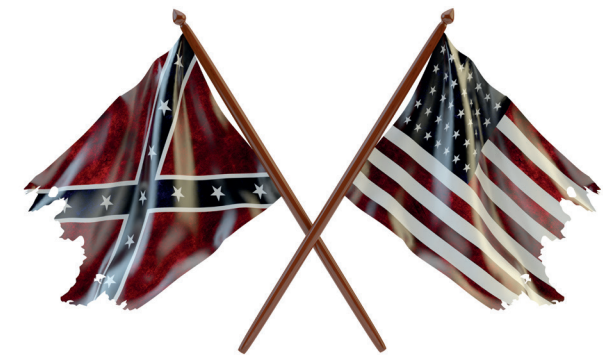
- 1 cup canned pumpkin puree
- 2 1/2 tablespoons lemon juice
- 1 tablespoon olive oil
- 2 tablespoons tahini
- 1 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1 teaspoon salt
- 2 garlic cloves
- 15 ounces garbanzo beans

Directions:

Put all ingredients in a blender or food processor and blend until smooth.



A soldier once noted that **General Ulysses S. Grant** took almost nothing with him on military campaigns — no tent, no clean clothing, no blankets — but he *did* bring a toothbrush.



During the Civil War, men missing their four front teeth were unable to serve since those **teeth were required to quickly open gunpowder pouches**. Some men had their front teeth removed to avoid being drafted.



During World War I, soldiers developed a severe form of gum disease called **“trench mouth,”** after long periods in the trenches without oral care.



In 1937, the U.S. military worked with the Hershey Company to produce a **chocolate ration bar**. High in calories and able to withstand extreme temperatures, the bar was designed to taste “little better than a boiled potato” so that soldiers would not eat it outside of emergencies.



5 ITEMS YOUR HYGIENIST RECOMMENDS KEEPING HANDY

These everyday items can go a long way in boosting your oral health. In honor of National Dental Hygiene Month this October, make sure to toss these into your bag.



FLOSS

A small spool of floss doesn't take up much room — and you'll be glad you have it the next time you feel something stuck between your teeth.



MIRROR

You'll never have to wonder if you have spinach stuck between your teeth if you have a small mirror for quick check-ins. The selfie function on your smartphone's camera app can also work.



HEALTHY SNACK

When hunger hits, you're less likely to grab a sugary treat if you have a healthy snack available. Whole fruits, sliced veggies and nuts are all good options.



SUGAR-FREE GUM

Sugar-free gum helps stimulate saliva, which rinses sugars and food from your teeth. Gum sweetened with xylitol is another good choice. Bonus: You can also pop a piece to distract you from habits that harm your teeth, such as tooth grinding or nail biting.



TOOTHPASTE AND TOOTHBRUSH

Brushing your teeth after meals is a great way to get rid of food debris and plaque.

BAKE BETTER

3 simple swap-outs to make healthier sweets



Between tailgating, school events, holidays and other fall gatherings, this time of year often comes with an array of tempting baked goods at home, school and work. To make homemade treats better for your teeth, try these sweet tricks.



Substitute almond or coconut flour for white flour.



White flour is made of simple carbohydrates, which quickly break down into sugar (glucose). Nut-based flours contain more protein and fewer carbs. Start substituting in small increments — coconut flour absorbs more liquids, so use 1/4 cup coconut flour to replace 1/2 cup regular flour, for example, and increase your liquids by 1/4 cup to make up the difference.



Add dark chocolate chips instead of milk chocolate or other candies.



You can also try swapping in nuts instead! It's best to entirely avoid recipes that call for caramel or sticky syrups.



Instead of sugary frosting, use mascarpone or whipped cream.



Or, try using a thin layer of frosting instead of swirling it on thick.

healthy smile, happy life

It's a simple idea: If your smile is healthy, your life can be happy. Oral health is part of overall health, and the foundation for a healthy and active lifestyle.

Because oral health directly affects overall wellness, people who have poor dental health may be more susceptible to other serious conditions, such as diabetes or heart disease. LifeSmile from Delta Dental is an oral wellness program that helps you and your loved ones focus on your oral health and well-being with tips and tools for improving and maintaining good dental health habits.

 For more information about LifeSmile, visit deltadental.com/lifesmile.



keeping you covered: Delta Dental mobile app

Accessing your dental benefits information is easier than ever with Delta Dental Mobile! Our completely revamped app features a brand-new, easy-to-use design. It is packed with features to help you keep tabs on your dental benefits and oral health wherever your journey takes you.

Have a Delta Dental online account? Log in with your username and password. If you don't have an account, you can register within the app.

Features:

- Mobile ID Card*
- My Coverage and My Claims*
- Find a Dentist
- Toothbrush Timer
- Dental Care Cost Estimator
- LifeSmile Score Risk Assessment Tool
- Secure Messages*

*Login required

Download the Delta Dental app from the [App Store](#) or [Google Play](#).

brushing up



Ever wonder what your dentist is really thinking? *Grin!* wanted to find out too, so we talked to Delta Dental network dentist Dr. Samantha Marley-Harrod of the Smile Associates.

What's the best dental advice you've ever received? A great team makes it all easier.

What's your favorite dental joke? What did the dentist say to the golfer? "You have a hole in one."

When did you decide you wanted to be a dentist? I always found dentistry interesting as a child. I visited the orthodontist and they showed me a typodont (a model of the mouth), and I decided I wanted to make a replica of my mouth, so I asked the Tooth Fairy to leave my teeth. It was then I decided I wanted to be a dentist.

What's the most unique dental issue you've come across? I had a patient with a supernumerary (extra tooth) visible on an x-ray, but it was inaccessible for many years. Finally, during a routine crown prep, I was able to retrieve it and send it home for the Tooth Fairy.

What dental technology are you especially grateful for? I love the speed and accuracy of my digital impression scanner. This technology engages the patient and gets them excited about dentistry.



If you'd like to recommend your dentist for a Brushing Up interview, email grin@deltadental.com with his or her name and contact information.