

Five things your dentist really wants you to know about your mouth

Have you ever wondered what your dentist really wants you to know about the health of your teeth, gums and mouth? Below are five tips that can help improve your oral hygiene, as well as make your next dental appointment something you can feel confident about.

1. You Probably Aren't Brushing Long Enough

Learning how to brush your teeth properly is the first step to maintaining healthy teeth and gums. It helps minimize the risk of tooth decay and gum disease, the major causes of tooth loss. Spend at least two minutes brushing, which should include 30 seconds brushing each section of your mouth (upper right, upper left, lower right and lower left), both morning and night. And don't forget to brush your tongue to remove odor-causing bacteria that will help give you fresher breath.

2. Protect Your Enamel

Tooth enamel is the hard outer layer of your teeth. It helps protect your teeth from tooth decay, sensitivity, and is the part of your teeth that people see when you smile. One way enamel loss can occur is when acids from everyday food and beverages, such as fruit, yogurt, salsa, orange juice and sports drinks, attack the tooth surface. If left untreated, enamel loss can lead to larger issues such as cavities. A daily regimen of brushing and rinsing with products containing enamel-strengthening ingredients like fluoride is the best prevention against enamel loss.

3. Use a Full Oral Care Regimen to Keep Cavities at Bay

When it comes to cavity fighting, make sure you are brushing twice a day and flossing at least once a day to remove leftover plaque and food that is trapped in the spaces between your teeth. Additionally, mouthwash is a powerful means of protecting teeth from decay and removing food particles lodged toward the back of the throat.

I recommend my patients use a fluoridated mouth rinse, because fluoride is proven to strengthen enamel and fight cavities, says Dr. Jamie Sands, DDS, whose cosmetic work has been featured on the program "Ten Years Younger" on TLC. "But, not all mouth rinses are created equal! Look for a mouthwash that contains fluoride, like Crest Pro-Health Complete Rinse."

In fact, according to a survey conducted by Mom Central Consulting, 93 percent of Mom Central testers who were given Crest Pro-Health Complete Rinse with fluoride to sample said they feel more confident going into their next six-month dental check-up.

4. Bad Breath Could be the Result of Poor Oral Hygiene

Bad breath can be caused by a number of things, from the foods you eat to dry mouth, smoking, or even the medications you are taking. What many people don't realize is that bad breath could also be a result of poor oral hygiene. To help fight bad breath, make sure you are practicing proper tooth brushing habits to remove odor-causing bacteria from the mouth, tongue and teeth. You can also try: chewing sugarless gum to stimulate saliva flow, which naturally

cleanses teeth; eating a nutritious diet, as vitamin deficiency can contribute to bad breath; and using a rinse with fluoride to kill bad breath germs and prevent tooth decay.

5. Change Your Toothbrush

Tooth brushing removes plaque, which is the residue that can build up on teeth. Plaque can lead to cavities and gum disease. Be sure to

replace your toothbrush (or toothbrush head if you use an electric brush) every three months or so because worn or frayed bristles are not as effective at removing plaque as new bristles.

You can learn more about the health of your mouth by going online to www.crestprohealth.com.

Can a work day nap increase employee productivity

Seinfeld character George Costanza may have had the right idea when he had a custom-built bed installed under his desk at his Yankee Stadium office. New research indicates falling asleep on the job actually may be good for employees, not merely grounds for firing.

Many people have already heard about the benefits of power naps. They can boost alertness and brainpower. They also can be a boon to people who are not getting enough sleep at night.

The American Academy of Sleep reports that most people do not get enough sleep. Power naps can be just what they need.

Many companies are recognizing the benefit of power naps and encouraging workers to catch a quick snooze. Some offer reclining chairs or renewal rooms. Others give workers the opportunity to unfold a nap mat -- pre-school style -- and catch a few ZZZs on the floor.

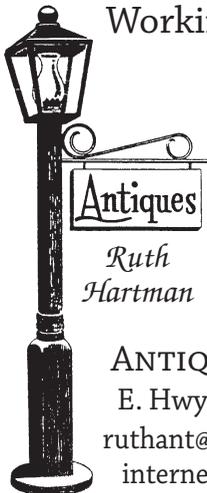
According to a 2007 study published in the Archives of Internal Medicine, people who take daily 30-minute naps are 37 percent less likely to die of heart disease than those who don't nap. Naps also may boost immune system response, leading to workers who are sick fewer times and less likely to have to take personal days for illnesses.

Some companies that don't have space for napping set up arrangements with spas for discount packages in relaxation rooms or napping areas.

Allowing employees to take naps is an inexpensive option for businesses looking to boost employee performance and morale. It can also be a way for financially struggling companies to offer incentives to employees in lieu of pay raises.

Workers who think that napping would be a positive addition to their company can petition higher-ups to allow napping on company time or during breaks and lunch hours.

Working Women are the Shining Jewel in the Work Force of Norton County — Thank You!



Ruth's
Antiques

Ruth
Hartman



ANTIQUES AND COLLECTIBLES
E. Hwy. 36, Norton - 785-877-3555
ruthant@ruraltel.net • ruthsantiques.com
internet jewelry sold on rubyland.com

Proud Working Women of Norton County

THE RAZOR'S Edge



212 E. Washington, Norton
Phone 785-877-3956

From left, Karen Carter and Debbie Graham



Ebke's Liquor

Supports Working Women

409 W. Holme, Norton
785-877-2152

— Ursula Ebke and Missy —

General Public Transportation Bus
CALL 785-877-5352



Thanks to Our Hard Working Bus Driver
Mary Ellen Posson

NORTON SENIOR CENTER
208 W. MAIN, NORTON, KANSAS