



Dental Care and Defense For Crowley Crews

Professional Teeth Cleaning

Try as hard as you will, you cannot keep your teeth clean by brushing and flossing alone. Over a period of time, stains and calculus (tartar) build up on your teeth. These can be removed only through professional teeth cleaning (oral prophylaxis) by a dentist or dental hygienist using special instruments.

Having your teeth professionally cleaned twice a year, on your time off, using your dental benefits is important both for your health and for your appearance. The removal of stains and deposits helps ensure that your gums and the bones supporting your teeth remain healthy and makes your smile more attractive. Healthy teeth not only enable you to look and feel good, they make it possible to eat and speak properly.

Call your dentist promptly if you have bad breath with painful, swollen gums that bleed easily or loose teeth.

Also, call your doctor if you have bad breath along with a fever, sore throat, a postnasal drip, a discolored nasal discharge or a mucus-producing cough. Even if you have none of these associated symptoms, call your dentist or physician if your bad breath continues despite a good diet and proper dental hygiene. These could be signs of other systemic health concerns

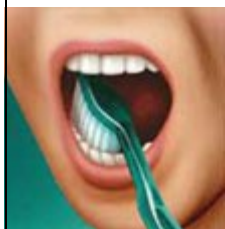


Daily preventive care, including proper brushing and flossing, will help stop problems before they develop and is much less painful, expensive, and worrisome than treating conditions on board that have been allowed to progress.

Proper Technique For Brushing and Flossing



1. Tilt the brush at a 45° angle against the gumline and sweep or roll the brush away from the gumline.



2. Gently brush the outside, inside and chewing surface of each tooth using short back-and-forth strokes



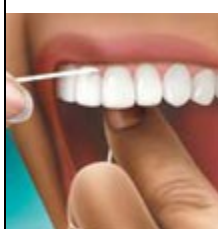
3. Gently brush your tongue to remove bacteria and freshen breath.



1. Use about 18" of floss, leaving an inch or two to work with.



2. Insert the string into the gap between each tooth. Gently follow the curves of your teeth to the top left and top right.



3. Be sure to clean beneath the gumline, but avoid snapping the floss on the gums.

Between Visits to Your Regular Dentist

In between regular visits to the dentist, on your time off, there are simple steps that each of us can take to greatly decrease the risk of developing tooth decay, gum disease and other dental problems. These include:

1. Brushing thoroughly twice a day and flossing daily
2. Eating a balanced diet and limiting snacks between meals
3. Using dental products and toothpastes that contain fluoride.

**Between Visits to Your
Regular Dentist (continued)**

4. Rinse with a fluoride mouth rinse if your dentist tells you to.
5. Avoid Soft Drinks. Acids and acidic sugar byproducts in soft drinks soften tooth enamel, contributing to the formation of cavities



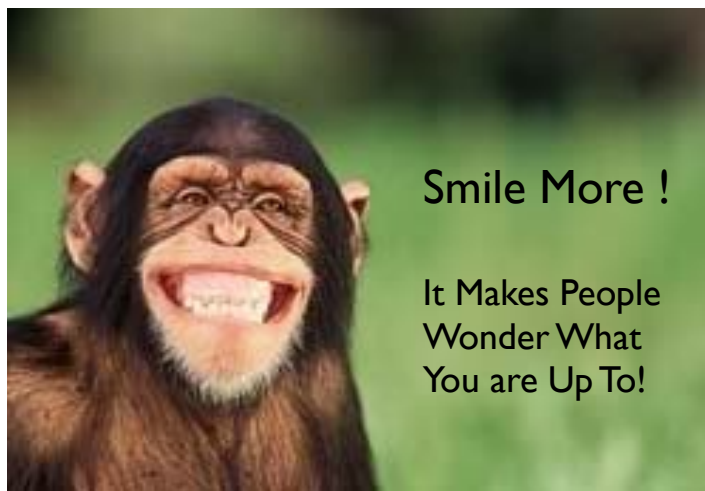
Dental Providers

Dental Benefits are provided by your Union and it is important that you visit your personal dentist on a regular basis, during your time off. Dental care is a very personalized service that requires a good rapport between the dentist and the patient. A professional environment is also critical. There are plenty of caring, gentle dentists available who also have wonderful people skills. Of course, personality is a decisive factor in addition to technical skill. Your research into how to find a dentist can pay off with a successful patient-dentist relationship that may last for many years. When choosing a new dentist, you're making an important decision for you and your family's overall wellness. A dentist is a personal choice, but a recommendation or referral is a very helpful resource! Ask your union for a dental referral in your area. Other resources for dental provider information: The dentist's website: Locateadoc.com: American Dental Association (ADA): find a dentist in your community and check a dentist's licensure/credentials: Social networking communities, such as Facebook or Twitter: DentalReferral.com, Healthgrades.com or Insiderpages.com

Dental Quiz

(For question 1-3 match correct number to letter)

- | | |
|---|--|
| 1. way to restore tooth damaged by decay back to its normal function and shape. | A. Root Canal |
| 2. fixed removable denture, is made to replace one or more missing teeth. | B. Filling |
| 3. the removal of the tooth's pulp, a small, thread-like tissue in the center of the tooth | C. A Bridge |
| 4. A common sign of gum disease is: | 5. The best way to treat gum disease is: |
| a. Inflamed, receding or bleeding gums | a. Getting more sleep |
| b. Persistent bad breath | b. Drinking more water |
| c. Plaque or tartar build up | c. Proper dental hygiene |
| d. All of the above | d. All of the above |



How to Help Guard Against Oral Cancer

- Don't Use Tobacco in any form.
- If you drink alcohol, drink only in moderation
- Avoid exposure to strong, direct sunlight,. Use sunscreen and apply often
- Have Regular Dental Checkups
- Any white patch, lump or scaly area on the lips on in the mouth lasting longer than 2 weeks should be checked by a dentist.

A tooth fell out and left a space
So big my tongue could touch my face
And Every time I smile I show
A space where something used to grow.
I miss my tooth as you can guess.
But then- I have to BRUSH ONE LESS !