

National Smile Month

12th May until 12th June

As a practice we love taking part and getting involved with National Smile Month. We love helping people become more confident with their smile and talking about how to maintain a smile with self-care.

This year's focus is 'Feed your Smile', looking at the diet and making healthier choices for our oral health, and of course benefiting our general health too. We all know that eating less sugar helps prevent long term dental issues, but there are also foods we can eat to strengthen our tooth enamel, like dairy foods that reduce the acidic environment in our mouths to help protect the teeth. Milk, cheese and yoghurt are great choices and are also rich in calcium and often probiotics too.

Probiotics are useful for increasing the 'good' bacteria in the mouth and gut. It is best to avoid the flavoured

yoghurts as these can contain higher levels of sugar. It is appreciated that not everyone can tolerate dairy, or may be on a low dairy diet, but there are lots of alternatives to help keep a healthy smile. Plant-based milk, fish, nuts and seeds, as well as vegetables are nutrient rich, and plant-based fortified milk can offer the calcium needed. It's also worth mentioning that cheeses contain proteins that help protect the enamel and fight tooth decay. Incorporating these foods into our diets and cutting out the sugary snacks is extremely beneficial.

Another focus for this year's National Smile Month is hydration. Drinking water regularly helps wash away food and bacteria from the teeth. It also helps neutralise the acid in the mouth, reducing the risk of cavities and enamel erosion. The water we drink in this area is fluoridated which adds extra protection for our enamel and so helps prevent cavities forming. Bad breath will be helped by regular water intake to wash away the foul-smelling bacteria. We know that staying hydrated has so many benefits to our general health too, so it is a good idea to

keep drinking and aim for 6-8 glasses a day. What is important though, is not to add anything to the water. Adding anything sugary puts our teeth under attack and reduces the benefits described above.

We are supporting this year's National Smile Month by spreading these important messages to help protect our teeth, using our social media platforms and information in the practice.

Our dentist, Sean Walmsley, is offering free Smile Consultations during National Smile Month. Sean loves to restore confidence in his patients' smiles. He offers many solutions like Invisalign, Composite bonding and whitening, all helping to improve the aesthetic appearance of the teeth. Please contact the practice if you are interested or chat to your routine dentist as to how they may be able to help.

Keep a look out for our team Smiley selfie! We do this each year to display a positive message for promoting and supporting this

campaign.

References:

www.dentalhealth.org/national-smile-month



The
Maltings
Dental Practice

Commercial Road, Grantham
01476 563181
www.maltingsdental.co.uk

