

## VITAKIDS RECOMMENDS

### ADULTS

- A good strength of multi-strain probiotics
- Probiotic M18/K12
- Calcium/ Magnesium
- A high potency Multivitamin & Mineral
- Vitamin C
- Co-enzyme Q10
- All-natural or Organic toothpaste

### CHILDREN

- A good strength of multi-strain probiotics
- Calcium/Magnesium
- A high potency Multivitamin & Mineral
- Vitamin C
- All-natural or Organic toothpaste



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This material contains general recommendations only and is not intended to replace the advice of your healthcare practitioner.



## How to Maintain Healthy Teeth and Gums



### WHY is it important to take care of your teeth and gums?

Your teeth are different in size and shape depending on their position in your mouth. These differences, functions to allow the teeth to do many different jobs. They help us to chew and digest food, help us to talk, and to pronounce different sounds clearly. Teeth also help to give our face its shape. A healthy smile can be a great asset. Therefore, it is very important to give your teeth the best care possible.

### WHAT happens if you do not care for your teeth and gums?

A poor care for your teeth can cause many dental problems, for example:

- Gingivitis (inflammation of the gums), the only stage where it is reversible.
- Periodontitis (serious gum infection that may damage the bone that supports the teeth).
- Tooth decay / Cavities (permanent damage in the hard surface of the teeth).
- Fractured / Broken tooth.
- Worn-Out Fillings (fillings that were left for a long period of time in the tooth).
- Exposed tooth root

Tooth decay can be very painful and if not treated properly, the nerve of the tooth can be infected or perished, causing an abscess. When this happens, a root canal treatment is needed or, the tooth needs to be removed. It does not stop here, if the tooth removal is not done properly or left untreated, this may lead to bone loss around the teeth or gum disease. Therefore, it is utterly important to keep up a good routine at home to keep your teeth and gums healthy.



## Signs and Symptoms of a poor teeth or gum health

- Bad breath
- Red, swollen, tender gums
- Receding gums (gums that pull away from the tooth)
- Pain when chewing
- Loose or sensitive tooth
- Gums that bleed easily when you brush or floss, sometimes seen as redness or pinkness on your brush or floss
- A change in the colour of your gums from a healthy pink to dusky red

## Factors causing poor teeth and gum health

- Smoking or chewing tobacco
- Hormonal changes, such as those related to pregnancy or menopause
- Diabetes
- Certain medications
- Poor oral hygiene habits (does not clean the teeth properly and often)
- Poor diet or nutrition
- Heredity
- Old age
- Decreased immunity, such as that occurring with leukaemia, HIV/AIDS or chemotherapy
- Substance abuse
- Poor-fitting dental restorations

## How to maintain healthy teeth and gums

Good oral hygiene like brushing and flossing at least once every day can help prevent most of the dental diseases. Having your teeth cleaned and checked by a dentist is also important, of which routine can be at least once a year.



## Here are some tips to maintain healthy teeth and gums:

- Brush at least twice a day.
- Floss at least once a day (flossing helps remove plaque and food particles stuck between teeth).
- Use a soft-bristled toothbrush and organic OR all natural toothpaste.
- **Maintain a healthy diet:**
  - Consume plenty of calcium-rich foods like milk, yogurt, and cheese. Calcium supports healthy bones where the tooth roots are embedded in. This is particularly important for the elderly and for babies/toddlers during development of teeth.
  - Avoid sticky sweets like soft candies, toffees, taffies, and pastries. Best to brush/clean your teeth after consuming sweets as bacteria in dental plaque may change sugars into acids.
  - Limit acidic drinks like soft drinks, cordials and fruit juices. Food acids may soften and dissolve the minerals in tooth enamel, causing cavities.
- Visit a dentist for regular check-ups at least twice a year.
- Supplement with probiotics that supports oral health (Probiotics *S. salivarius* K12 and *S. salivarius* M18 stays at the oral area to help fight off harmful bacteria and may help to ease inflammations).

## Babies/ Toddlers are generally more vulnerable to tooth decay; hence parents should follow the below daily routine to ensure the best care for your child's dental health:

- Provide a good diet throughout childhood.
- Help to brush the child's teeth until they're mature enough to do the job by themselves.
- Supervise twice-daily brushing and flossing once daily thereafter.
- Never put babies or toddlers to bed accompanied by a bottle of milk.
- Never dip pacifiers in honey or syrup.
- Use organic OR all natural toothpaste that are safe to swallow (only start with fluoride toothpaste when they are able to spit out the toothpaste).