

A weekly resource  
for your well-being

**PARTNERS**  
FOR HEALTH

**WORKING**  
HEALTHIER TN

# A TIP FOR TENNESSEANS

August 22, 2017

## SEVEN BAD HABITS THAT HURT YOUR TEETH

Want a healthier smile? You'll need to start with healthier habits. Sure, brushing and flossing every day is the right way to start. But, like many of us, could you be hurting your teeth with what you drink, what you eat and in how you care for them? Here are some of the everyday things you may be doing—and can change—for better oral health.

### 1. Eating too much sugar

Candy and cavities can go hand in hand. But so do sweet drinks like soda, tea and sports drinks. The volume of sugar flowing into your mouth encourages more plaque to form.

Plaque destroys teeth. And sugar can lead to gum disease. **How to change it:** Eat more whole foods without added sugar, including fruits, vegetables, whole grains like cereal and oats, and lean protein, such as beans, nuts, fish and poultry.

### 2. Consuming acidic foods

While acidic foods and juices like those from grapefruit, oranges, lemons and limes may be part of a healthy diet, too much can break down tooth enamel. So can acid in regular and diet sodas. **How to change it:** Use a straw when drinking acidic beverages. You can also swallow more quickly. Sippers are more likely to damage their teeth than people who drink quickly.

### 3. Staining with food and drinks



### Sink your teeth into this.

If you have dental insurance or are on the state dental plan, take advantage of your benefits. For more information about the state dental plan, check out the [Dental Benefit](#) page.



### QUICK LINKS

[Well-Being Account Sign In](#)  
[2017 Partnership Promise](#)  
[ParTNers for Health Website](#)



**24/7 NURSE  
ADVICE LINE:  
1.888.741.3390**

[Subscribe](#) to our email list

dull your smile. Luckily, it's only a cosmetic issue and can be fixed. **How to change it:** Use tooth whitening products to remove stains. Also, talk to your dentist about other brightening methods.

#### 4. Whitening too often

Yes, we know we just said that whitening can help fix stained teeth. But overdoing it on the whitening products can harm tooth enamel, too. **How to change it:** If you use brightening products from your dentist, which have higher peroxide levels, use them only as long as directed. Use over-the-counter products as needed and as directed for a safer, healthier smile.

#### 5. Grinding your teeth

Clenching and grinding your teeth when you're stressed or during sleep can wear them down and cause fractures. When a tooth is damaged like this, it usually needs to be replaced with an implant. **How to change it:** Talk to your dentist about a night guard you wear to bed to stop further damage.

#### 6. Scrubbing

How hard you brush your teeth is as important as how often you brush them. Scrubbing damages gums and tooth enamel. **How to change it:** Start by using a soft bristled brush. Hold your toothbrush using two fingers and a thumb instead of gripping it in your fist. It helps control the amount of pressure on your teeth as you clean. Watch and learn proper [brushing](#) and [flossing](#) techniques to keep a healthy mouth and body.

#### 7. Crunching and biting

Chomping down on ice, hard candy or a pen/pencil can fracture your teeth. So can using your teeth to open things like bottle tops and other items with a tight seal. **How to change it:** Use your teeth only to chew food.





You can realize your best health and well-being when given the proper support. Healthways meets you where you are and takes you where you want to go, creating better health and well-being for a better you.



---

**References:**

"Seven Bad Habits That Wreck Your Teeth." ShareCare, Web. 05 July 2017. | "Oral Health: A Window to Your Overall Health." Mayo Clinic, 30 April 2016. Web. 05 July 2017. | "Healthy Habits." American Dental Association, Web. 05 July 2017.

This program is administered by Sharecare, Inc., an independent company. © 2017 Sharecare, Inc. All rights reserved.

**Share this email**



[Manage](#) your preferences | [Opt out](#) using TrueRemove®

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

701 Cool Springs Blvd  
Franklin, TN | 37067 US

This email was sent to .

*Continue receiving our emails, add us to your address book.*