



October is Dental Hygiene Month

Taking care of your teeth is very important to your overall health. Good oral hygiene is important in preventing tooth decay and gum disease. Part of good oral care is having the proper dental care items to do the job well.

To assure you do the best possible job brushing, find a toothbrush that fits your mouth comfortably. It is recommended that you use a soft-bristled toothbrush. Hard bristles can damage your teeth and gums. The ADA recommends you change your toothbrush every 3-4 months and after you are sick. If you have a hard time remembering when to change your toothbrush, set a reminder on your phone. Make sure you always have a replacement toothbrush ready and available!

Did you know that by not cleaning in between your teeth, you are missing 35% of your teeth's surface? Cleaning in between your teeth allows you to reach the areas that your toothbrush cannot reach and helps you to clean under the gum line. Make sure you use enough floss to assure you can use a clean section of floss between each tooth and keep in mind that waxed floss generally slides easier. Don't like to floss? Talk to your dentist about other options.

One of the best tools you can add to your oral hygiene routine is a glass (or more!) of water. Simply staying hydrated is one of your body's best defenses against tooth decay and gum disease. A dry mouth can create an environment that helps to breed the bacteria that cause cavities and gum disease. You can also use water to rinse throughout the day when you do not have access to a toothbrush.

Don't forget you should be visiting your dentist or dental hygienist at least twice a year!

Layered Mexican Chicken Salad

Serving Size 4

Calories 512

2 cups chopped seeded plum tomatoes
1/2 cup chopped fresh cilantro
1/2 tsp kosher salt
1/8 tsp cayenne pepper
1/4 cup fresh lime juice
3 tbsp extra-virgin olive oil
1 – 15oz. can unsalted black beans, drained and rinsed
1/2 tsp ground cumin
2 cups chopped romaine lettuce
1 1/2 cups shredded rotisserie chicken breast
1 cup fresh corn kernels
3/4 cup prepared guacamole
2 oz. lightly crushed tortilla chips
1/4 cup light sour cream

Make Pico de Gallo: Combine tomatoes, onion, cilantro, salt, cayenne, 3 tbsp lime juice, and 2 tbsp of the oil in a bowl.

In separate bowl, stir together beans, cumin, and remaining 1 tbsp of lime juice and oil.

Divide half of the Pico de Gallo among 4 large glasses or pint jars. Top each evenly with romaine, chicken, corn, guacamole, tortilla chips, black bean mixture, and remaining Pico de Gallo. Top each with 1 tbsp. sour cream.

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Delta Dental - <https://www.deltadental.com/us/en/find-a-dentist.html>

Guardian - <https://www.guardiananytime.com/fpapp/FPWeb/>

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