

The link.



Oral Health Connection

Four Fitness Flaws Affecting Your Oral Health

Bottled Water

Many people assume the bottled water they drink is healthier for them than regular tap water. But unlike tap water, bottled water rarely contains optimal levels of fluoride — increasing the risk for tooth decay. The American Dental Association (ADA) recommends drinking tap water in a glass or refillable bottle.

Want to know if your bottled water contains fluoride? Check the label.

Sports Drinks

Sports drinks, though less sugary than juice, can still cause damage. They commonly contain citric acid, which temporarily softens the enamel of healthy teeth. According to the ADA, brushing immediately after drinking can increase the problem by scratching and eroding the softened enamel. Wait at least 60 minutes after drinking a sports drink to brush.

Energy Bars

Energy bars are crunchy, chewy and sweet. Similar to a candy bar, food particles and sugars from energy bars can coat your teeth for hours. This creates a haven for bacteria that can damage your teeth and erode your gums. If you plan on eating energy bars, remember to rinse your mouth out with some water afterwards.

Not Using a Mouth Guard

Many kids' sports require a mouthpiece to protect young teeth, but those rules aren't always enforced. Adult recreational leagues and informal pick-up games are even more lax.

Crowns and replacement teeth are expensive and can only match your own teeth when they're new. As a precaution, wear a mouth guard whenever possible. Dealing with a temporary inconvenience is better than dealing with permanent maintenance.

You can find more oral health tips by logging in to our online member portal at DentalCarePlus.com.

T H E P L U S I S S E R V I C E

Reasons to visit the DCPG online member portal:

1. Get up-to-date details on your benefits and claim history.
2. Our cost estimator can give you the typical range of dentist charges in your ZIP code.
3. Request a new member ID card.
4. Easily update your information, including your address.
5. Browse content in our Oral Health Center