

June 2022

Oral Wellness Newsletter

Hello everyone! Here's our June newsletter. The content is easy to share - just use the "forward this email" button. Or highlight the text you want, then copy and paste it wherever you like. It's that simple.



Your mouth may be triggering your migraine

The throbbing, pulsing pain of a migraine attack can last for hours – and sometimes even days. Migraine headaches are a common neurological disease that can start at any age, but [tend to be worse in your 30s](#).

[Lots of things can trigger migraines](#) – stress, alcohol and caffeine, weather changes, flashing lights, strong smells and some foods. And now, [a surprising new study](#) shows that migraines might also be caused by certain bacteria in your mouth.

Researchers looked closer at the foods that set off migraines – chocolate, processed meats, leafy greens and wine. The common element? They're all high in nitrates.

To get scientific, the bacteria in your mouth [start a process](#) that converts nitrates into nitric oxide, a common headache trigger. The study found that migraine sufferers had higher levels of the enzymes that make nitric oxide in their mouths.

Being extra careful to avoid foods and drinks with nitrates may help in limiting your headaches.

[Teeth grinding can cause headaches, too](#)



June is Men’s Health Month, so our resident expert is chiming in with advice. Dan Tison, Oral Wellness Consultant, says, “C’mon guys, it’s time to man up on your oral health.”

It’s a fact, ladies have an edge when it comes to oral health. Research shows that women go to the dentist twice as often as men – and they have a better record for brushing and flossing^[1]

“We men can be stubborn and don’t always like to do what we’re told,” said Tison. “If you blow off brushing, flossing and regular dentist visits, you’re asking for trouble.”

A lackadaisical attitude towards oral care is likely why over half of the male population has gum disease.^[2] “Guys, if your gums are sore and bleed when you brush, you may have it,” Tison suggests. “If you suspect gum disease, don’t mess around. Get to the dentist right away.”

If not treated, gum disease starts to destroy the bone that supports your teeth. This can lead to tooth loss – not a pretty look. But that’s not all. Studies have shown that diseases such as diabetes, heart problems and some cancers are linked to periodontitis, the most serious kind of gum disease.^[3]

In honor of Men’s Health Month, make an effort to step up your oral health game. Mild gum disease is reversible with the right dental care routine, but periodontitis is permanent.

Brush up on proper oral care

Every tooth in a man’s head is worth more than a diamond.

~ Miguel De Cervantes



Taking a trip? Pack these mini dental essentials

Don't take a vacation from your oral hygiene while you're on the road. Get a waterproof, zippered carrying case and build a grab-and-go dental care kit.

Most pharmacies and retail stores carry travel-size toiletries, where you can find tiny tubes of toothpaste, compact toothbrushes, little bottles of mouthwash and more. Here are the top picks from Val Fleming and Holley Kirkland, our Oral Wellness Consultants.

[On-the-go power toothbrush](#) – Save 20% on Philips One by Sonicare in our partner store

[Dental floss picks](#) – Come with dental floss pre-loaded on an easy-grip handle

[Sterile toothbrush covers](#) – Protect your toothbrush from germier countertops

[Folding toothbrush](#) – A toothbrush and clean cover all in one product

[Airline-approved kit](#) – Mouthwash, toothpaste and toothbrush that meet carry-on rules

[Nickelodeon toothbrush](#) – Bring your kids' favorite cartoon characters along

[Dry mouth moisture gel](#) – A small tube lets you soothe your dry mouth anywhere

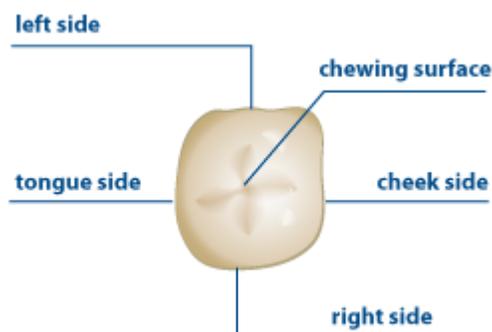
[Orthodontic dental kit](#) – The special tools your teen needs for food-free braces



Q. It's okay to skip flossing.

A. Wrong!

Think about it. Each tooth has 5 sides:



Your toothbrush is great at cleaning the fronts, backs and top sides. But bristles can't get in tight spots like dental floss can.

Get this – if you're not flossing, you're missing 40% of your teeth! Floss can remove bacteria growing between teeth and under your gum line. Left to flourish, bacteria can lead to periodontal disease and cause permanent damage.

So, make time to floss once every day. Your gums will thank you.

[Learn 5 steps to flawless flossing](#)

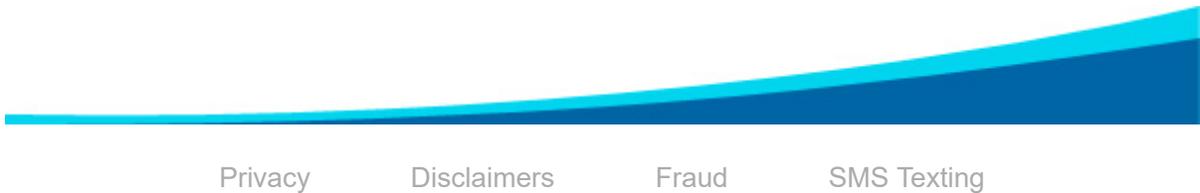
[1] [Women winning the battle of the sexes when it comes to periodontal health](#); Journal of Periodontology; April 2011.

[2] [Gum disease and men](#); perio.org; 2020.

[3] [Periodontal disease and systemic health](#); perio.org. 2020.

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