

BOUNCE

Your Way to a Brighter Smile



WHY YOUR SMILE MATTERS



As we age, our dental health can impact more than just our teeth. Just like our bones and joints, our teeth change over time and can affect how we chew and even speak. Poor dental health allows harmful bacteria to enter the body through swallowing, inflamed gums, or open wounds. They can lead to infections and increase the risk for serious conditions like heart disease and diabetes.



WHAT YOU EAT IMPACTS YOUR TEETH

There is a direct association between our diet and dental health. For example:

<p>Consuming sugary and acidic food can make your enamel, the teeth's outer protective layer, become thin, resulting in sensitive teeth and cavities.</p>	<p>Eating too much processed foods that contain high amounts of sugar and salt can also wear down enamel overtime.</p>	<p>Spicy food and lack of nutrients can worsen dry mouth symptoms, decreasing saliva production that is needed for chewing, swallowing, and taste.</p>	<p>Insufficient amounts of magnesium, calcium, and phosphorus can cause loose teeth, early tooth loss, and tooth sensitivity.</p>
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To help improve our oral health, here are some essential nutrients that we can incorporate into our diets to help keep our teeth strong and healthy:

Ca	Calcium: Helps maintain healthy teeth.	Found in tofu, low-fat dairy products, and leafy greens.
D	Vitamin D: Helps calcium absorption.	Found in fatty fish, egg yolks, cottage cheese, and some sunlight exposure.
P	Phosphorus: Helps rebuild tooth enamel.	Found in chicken, lentils, low-fat dairy products, and pumpkin seeds.
C	Vitamin C: Supports collagen production, which keeps our gums strong and healthy.	Found in cauliflower, strawberries, and brussels sprouts.
3	Omega-3: Helps lower joint inflammation.	Found in fatty fish, chia seeds, and walnuts.

Sources: Dental Erosion | ADA, Nutrition and Oral Health | ADA, National Library of Medicine, The Impact of Xerostomia on Food Choices—A Review with Clinical Recommendations - PMC, The Impact of Xerostomia on Food Choices—A Review with Clinical Recommendations - PMC, and The Nutrition Source

FUN FACT

Did you know staying hydrated helps fight dry mouth and keep your mouth clean? Carry a water bottle to sip throughout the day and at night, and consider chewing sugar-free gum to stimulate saliva and help clean your teeth.

Source: WebMD

FOODS AND DRINKS TO LIMIT

To maintain good oral health, it is important to watch what we are eating and drinking. Here is a list of examples of foods and drinks we should limit and why.

FOODS AND DRINKS TO LIMIT

	Alcohol	Can cause mouth to become dry and lead to dehydration
	Sodas and juices	Can increase bacteria and cause enamel to wear down due to their high sugar
	Coffee	Can be acidic and cause mouth to become dry
	Sugar	Can lead to cavities and later tooth decay
	Ice	Can cause tooth damage due to the hardness
	Crunchy food	Can damage teeth depending on how hard it is

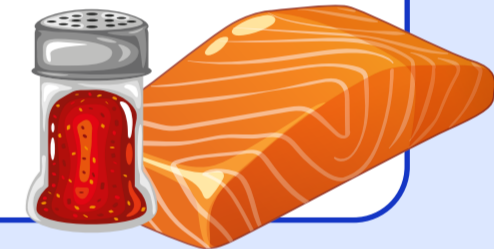
Source: MouthHealthy/ADA

BAKED SALMON RECIPE

Fatty fish, like salmon, have key ingredients to keep your teeth healthy. Try the recipe below!

Serving Size: 1 Salmon Fillet (5 oz) | Calories: 565 kcal | Protein: 33 g | Carbohydrates: 1 g | Fat: 47 g | Calcium: 16 mg | Iron: 0 mg

- Ingredients:**
- 1 salmon fillet (about 5 ounces)
 - 1 ½ teaspoons Old Bay or seafood seasoning
 - 1 tablespoon olive oil
 - 1 tablespoon butter



Instructions:

1. Preheat oven to 375 °F.
2. Coat a baking sheet with foil or parchment paper and drizzle with half of the olive oil.
3. Put salmon on the foil or parchment paper and drizzle with remaining olive oil and sprinkle with seasoning.
4. Divide butter into thin parts and place 3 to 4 pieces on salmon.
5. Bake for 13 minutes or until salmon is cooked through and flakes easily with a fork.
6. Enjoy!

Source: Delta Dental

HEALTHY SMILE, HEALTHY MIND

Oral health and mental health are connected. Stress, depression, and anxiety can lead to poor oral hygiene. Dental problems, like tooth loss, can affect our confidence and increase feelings of sadness or isolation.

Tooth loss can lead to:

- Low self-esteem and negative body image
- Feeling embarrassed about our smile
- Avoiding friends and family resulting in loneliness



Taking care of our teeth can significantly boost our mental health. Here are a few helpful tips:

- Manage stress with deep breathing or short walks
- Talk to a counselor or join a support group
- Bring a friend or family member to your dental visit for support
- Use a stress ball or headphones to relax at the dentist



Sources: Etwall, Richter Dental, and Harvard Health Publishing

DAILY MOVEMENT SUPPORTS A HEALTHIER SMILE!

While most people know that regular exercise improves heart health, mental wellness, and weight control, few are aware of its benefits for oral health. Staying active can reduce our risk of gum disease by supporting immune function and stabilizing blood sugar levels!



Exercise Strengthens Your Immune System: A stronger immune response can help our body fight off oral infections like gingivitis or periodontitis.



Exercise Helps Control Blood Sugar: Staying physically active helps your body manage your blood sugar, lowering the risk of gum disease, especially for those with or at risk for diabetes!

Sources: National Institute of Health, and American Diabetes Association

SIMPLE TOOTH CARE

A strong dental routine is the foundation of a healthy smile. By combining the right habits with tools that fit your needs, you can keep your smile strong and healthy at every stage of life.

A dental routine should consist of:

<p>Brushing twice daily with fluoride toothpaste and a soft-bristled toothbrush for two minutes, covering all tooth surfaces.</p>	<p>Replacing your toothbrush every 3–4 months.</p>	<p>Flossing at least once daily helps remove plaque and food particles where a toothbrush cannot reach.</p>	<p>Using alcohol-free mouthwash once or twice a day to help reduce bacteria and freshen breath.</p>	<p>Visiting the dentist for professional cleanings should be done every six months (unless recommended more often).</p>
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Source: National Institute of Aging

JOIN BOUNCE PROGRAMS TODAY!

Taking care of your teeth is a part of taking care of your whole body. If you want more support on your health journey, join a BOUNCE program today! Our free programs focus on healthy eating, staying active, and building healthy habits that last.



Let's Get Healthy Together / Juntos Por Una Vida Saludable: 26 expert-led sessions to help lower the risk of Type 2 diabetes, focusing on moderate weight loss through healthy eating and regular physical activity.



Nutrition Ambassador Program (NAP): Hands-on cooking demonstrations, grocery shopping tips, and culturally tailored nutrition education. We provide all the ingredients and educational materials for each session.

All programs are available in English and Spanish, and you can join us online or in person. Bring a family member or friend and BOUNCE together toward better health and brighter smiles! If you or your organization are interested in participating in any of these programs, please reach out to us using the contact information below.

For more information, reach us:

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