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Turn a trip outside

» —> INTO AN <— «

ADVENTURE

Growing herbs will make you smile

Is light-activated whitening safe for my teeth?

Setting your child up for a successful school year



in this issue of
grin!

WELLNESS + NUTRITION



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Growing herbs will make you smile

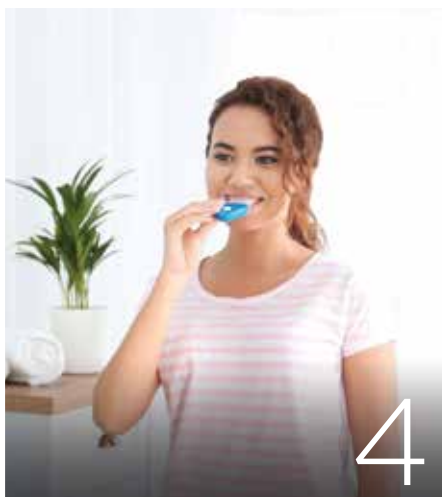
Herbs are not only easy to grow, but they're also good for you. Discover three herbs that can improve your oral health and learn how to work them into your diet.

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Is light-activated whitening safe for my teeth?

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Transform a simple chance to get outside into a memorable childhood experience. Try these ideas for keeping your kids entertained, happy and healthy this summer.

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Visit the *Grin!* website for more ways to keep your smile healthy.



View web-exclusive content, videos and more!

WELLNESS + NUTRITION



Can food allergies harm your oral health?

Many of the symptoms of a food allergy can appear in your mouth. Know what to look for and see how you can keep your smile healthy, even when avoiding certain foods.

NEWS + RESEARCH



How your smile is linked to your health

Maintaining a healthy smile goes beyond your mouth. It has an effect on your whole body. Find out more about the connection and what it can mean for you.

Access the digital version anytime, anywhere at grinmag.com.



On topic with Dr. Dill: Is light-activated whitening safe for my teeth?

There's no time like the present to catch up on some much-needed self-care. That could include spending quiet time with a new book, starting a new workout routine or looking for ways to brighten your smile.

There are more and more options for whitening your teeth at home — from toothpastes and mouthwashes to easy-to-use whitening strips and light-activated kits.

Before using any of these over-the-counter products, know that some light-activated kits use hydrogen peroxide along with LED blue light technology to speed up or enhance the whitening process. Research is mixed on whether the use of light improves teeth whitening — and whether it's worth the risk to your smile.

Some studies have found that using LED technology can increase the effectiveness of teeth whitening. But the hydrogen peroxide used to bleach your teeth can also soften your enamel and cause tooth sensitivity.

If you experience sensitivity from whitening your teeth at home, stop until you can consult with your dentist.

If you are considering an at-home teeth whitening kit with light activation:

- Know that teeth-whitening products generally do not work on dental crowns, fillings, bridges, veneers and bonded teeth. When possible, it's best to whiten teeth before any of these dental procedures are done.
- Make sure the kit you choose is not using ultraviolet (UV) light. This can potentially irritate your gums, damage your lips and teeth, burn the soft tissue in your mouth and increase the sensitivity of your teeth. ■



Meet Delta Dental's Vice President of Dental Science and Network Strategy, Joseph Dill, DDS. With more than 30 years of experience in the dental field, including eight in private practice and 16 in dental insurance, Dr. Dill provides expert insights and helpful advice to keep you smiling bright.

Mouth-friendly recipe: zucchini-squash casserole

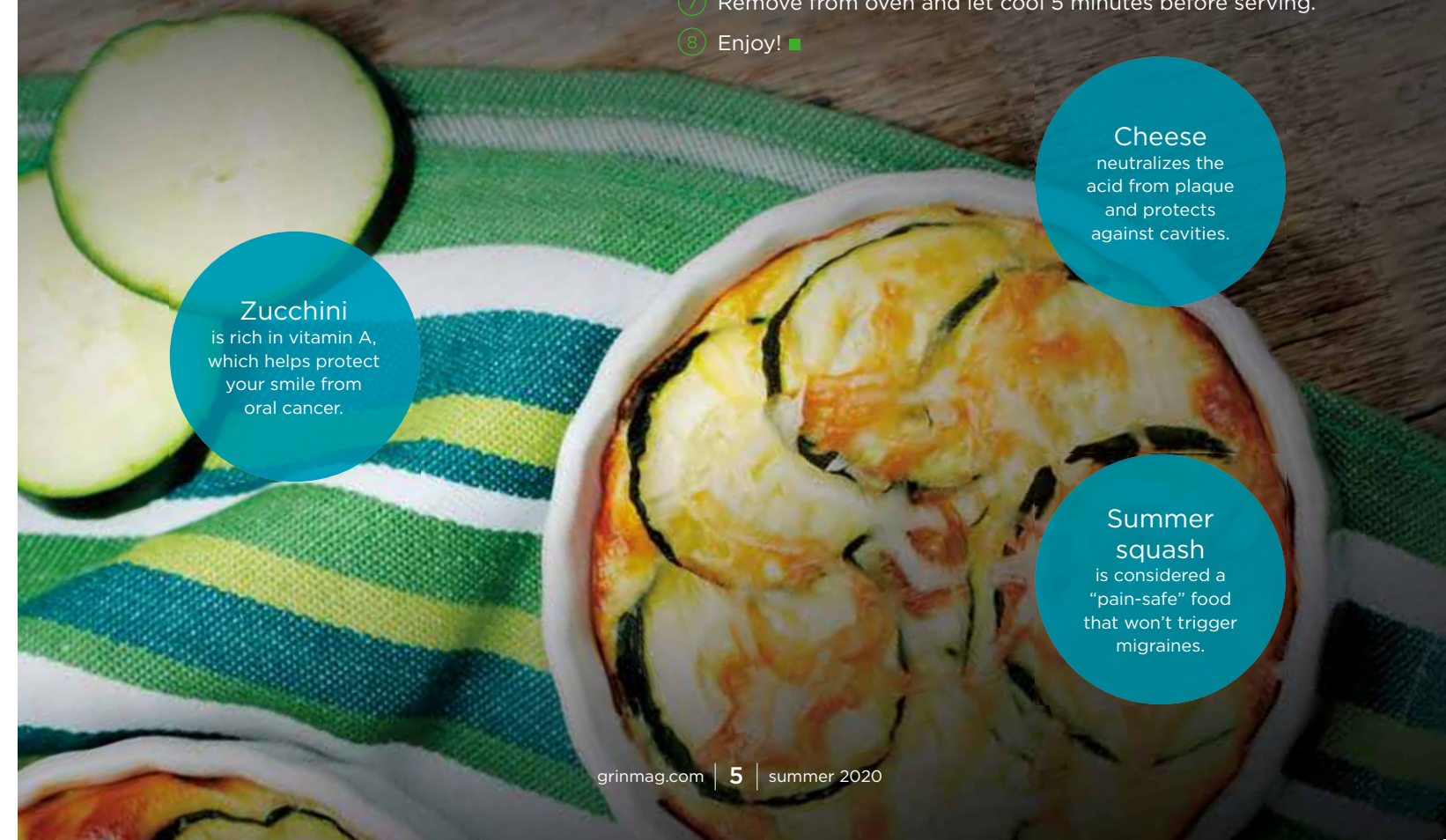
When you sit down to make your grocery list, be sure to add two seasonal favorites — zucchini and yellow squash. No matter how you slice them, these easy-to-grow summer squashes blend well with herbs and cheese to create this gooey, savory dish. It's a perfect entrée for those who love their veggies (and even those who don't!). Or consider serving it as a colorful side to complement any summer meal.

Ingredients:

- 4 medium zucchini, chopped
- 2 medium yellow squash, chopped
- ½ yellow onion, chopped
- ⅔ cup shredded mozzarella cheese
- ½ cup shredded sharp cheddar cheese
- 1 teaspoon dried basil
- Kosher salt and freshly ground pepper, to taste
- 1 teaspoon garlic powder
- ½ teaspoon dried thyme
- ½ teaspoon dried oregano
- ½ cup grated Parmesan cheese

Directions:

- 1 Preheat oven to 350 F.
- 2 Lightly grease a casserole dish with butter or nonstick cooking spray.
- 3 Combine zucchini, squash, onion, ½ cup mozzarella cheese, ¼ cup cheddar cheese and basil in a large bowl. Season mixture generously with salt and pepper. Stir in garlic powder, thyme and oregano.
- 4 Transfer mixture to prepared dish and bake for 25 to 30 minutes.
- 5 Remove casserole dish from oven and top with remaining mozzarella and cheddar cheeses. Sprinkle Parmesan cheese on top.
- 6 Return to oven and bake an additional 10 to 15 minutes or until cheese is golden and bubbly.
- 7 Remove from oven and let cool 5 minutes before serving.
- 8 Enjoy! ■



Zucchini
is rich in vitamin A,
which helps protect
your smile from
oral cancer.

Cheese
neutralizes the
acid from plaque
and protects
against cavities.

**Summer
squash**
is considered a
“pain-safe” food
that won't trigger
migraines.

History of oral health: how the magic of the Tooth Fairy began

It's one of the hallmarks of childhood. Losing your baby teeth is so exciting, in part, because of the anticipation of what comes next. You leave your tooth under the pillow and go to sleep, hoping the Tooth Fairy will come and leave you a gift, some cash or coins. While largely an American tradition, the Tooth Fairy traces its roots to Europe.



In the French fairy tale "La Bonne Petite Souris" by Madame d'Aulnoy, a mouse sneaks under pillows to exchange children's lost teeth for money. This story inspired the Tooth Mouse in French-speaking countries.

A similar tradition of El Ratoncito Pérez — involving a mouse who exchanges a child's lost tooth for a gift — began in Madrid and became popular in Spain, Mexico and South American countries.

A short children's play by Esther Watkins Arnold became the first written record of the Tooth Fairy in the U.S.

The modern version of the Tooth Fairy took off after World War II with a short story by Lee Rogow published by *Collier's Weekly*. Disney characters such as Tinkerbell and Cinderella provided the imagery that turned the Tooth Fairy into an American cultural icon.



The Tooth Fairy's giving rate has soared over the years.

Children received		
\$0.12	\$4.03	
PER TOOTH	PER TOOTH	
in 1900 ¹	in 2020 ²	

Learn more about the Tooth Fairy at deltadental.com/toothfairy. ■

¹Forbes
²Delta Dental's Original Tooth Fairy Poll



Readers ask, we answer

Emma asks:
"What's the source of my headache?"

Have a question you'd like us to answer? Send it to grin@deltadental.com, and it could be featured in an upcoming issue.

Hi, Emma! Your headache — even a migraine — may actually be caused by an issue in your mouth. Here's a look at how they're connected.

- Teeth grinding**
 You may grind or clench your teeth during the day or night if you're stressed, upset or frustrated. This condition, called "bruxism," can trigger headaches, damage teeth and lead to pain in your face or jaw.

 Exercise and meditation may help calm uneasy feelings and reduce stress if that is causing you to grind your teeth. You may need to wear a mouth guard at night to relieve symptoms.
- Teeth or jaw alignment**
 Headaches and migraines can stem from your teeth or jaw not being aligned properly. The misalignment leads to muscle strain.

 Crowns, braces or oral surgery may help correct your bite. Your dentist can determine the best treatment.
- Temporomandibular joint (TMJ) pain**
 Your TMJ connects your jaw and skull — and allows you to talk, laugh and chew. Jaw pain starts in the joint, then travels to your head and neck. Problems with this joint and surrounding muscles, including headaches, have been reported in almost half of the nation's population.¹ TMJ disorders can also trigger migraines.

 Your dentist or physician can diagnose the problem. Stress, anxiety or depression could be the source of TMJ disorders or migraines. Avoid nibbling on your nails or any other objects such as pencils, which can cause TMJ pain.
- Tooth decay**
 Toothaches stemming from cavities, tooth infections and gum disease can also cause headaches. Pain in one part of the trigeminal nerve — the head's largest sensory nerve — can trigger pain elsewhere.

 Reduce your risk of cavities by maintaining a good oral health routine of brushing and flossing daily, making healthy food and beverage choices, and visiting the dentist regularly.

At your next appointment, let your dentist know you're experiencing frequent headaches. Your dentist can help diagnose whether an oral health problem is at the root of the issue. ■

¹Healthline

Turn a trip outside »»» INTO AN ««« ADVENTURE

Explore the great outdoors with your kids this summer! There's plenty of fun to be had, even in your own backyard or neighborhood.



Identify which activities appeal to your kids, then discover a world of fun with these ideas.



THE ADVENTURER

Take a walk or bike ride around your neighborhood. Your kids will be amazed at what they'll discover. Bring a magnifying glass to get a closer look. Jot down some notes and see who can identify the type of plants, flowers, insects and animal prints they find. Before you go, **don't forget to apply sunscreen and lip balm with at least SPF 30** to protect you and your kids from the sun's harmful rays.



THE ARTIST

Make art with your surroundings. Sidewalk chalk can provide endless hours of fun! Your kids can use the box of colors to create their favorite designs. The chalk can even transform the ground into a gameboard — a friendly game of tic-tac-toe, hopscotch or four square. If drawing isn't their thing, collect leaves with different colors and shapes for crafting, or gather some rocks to paint.



THE COMPETITOR

Grab the entire family for a fun day outside. Play a simple game of catch or try some relays such as a three-legged race, crab walk or wheelbarrow race. If you have a rope, how about some tug of war? If the games get robust, **be sure kids wear their mouth guards while playing to protect their teeth.**



THE VOLUNTEER

Show pride in your community by bringing trash bags outside and helping clean up your neighborhood. Be sure to wear gloves and closed-toe shoes! Make it fun and rewarding by offering a prize — such as stickers or a healthy snack — when the task is complete. Snacks can include carrots and celery sticks, or an apple. **Avoid sugary treats that can contribute to tooth decay such as fruit snacks or cookies.**

Continued from page 9



THE FISH

Water can certainly be refreshing on a hot day. Have a water balloon fight in your backyard or bring some water blasters outside to squirt one another! As the kids play with water, remind them to [stay hydrated by drinking some water, as well](#). Water (preferably fluoridated) is essential to good oral and overall health. Make sure your kids have plenty to drink by bringing a reusable water bottle with you. And don't wait until they're thirsty before taking a sip.



THE SHUTTERBUG

Here's a way to take in the beauty around you: Make a list of what you might see and do in your very own neighborhood! Then, go on a treasure hunt to collect those items. If your kids have a camera, ask them to take pictures of their surroundings, such as an insect they find. Set a timer and see how many items they can collect and photograph.



So get outside and enjoy your surroundings. By taking steps to protect your mouth and body while you're out and about, your kids will stay healthy, safe and smiling all summer long. ■

The power of a smile: setting your child up for a successful school year

As your kids prepare to start a new school year, remind them how much a smile can help. Smiles are a universal way to bring positive energy to every situation. They're so powerful they can even be recognized in your eyes and voice. Here are a few examples of how a smile can help set your child up for success:



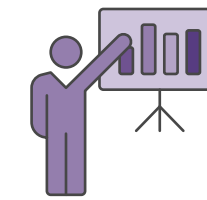
Making friends

A new school year could bring some unfamiliar faces. Encourage your child to smile when meeting someone new. This positive gesture is one way to make a new friend. In fact, 65% of people say a smile is one of the things they remember most after meeting someone.¹



Celebrating victories

From getting a good grade on that math test to being named a class leader, the school year brings so many reasons to smile. Ask your kids to share good news when they have something to celebrate. Their smiles will light up the room and help others feel that joy, too.



Powering through presentations

A smile has the power to help your kids feel more confident in nerve-wracking situations, such as giving a presentation to their class — or even their school. Smiling can help them overcome discomfort, appear calm and feel a bit more relaxed.



Saying cheese!

It's a must-do every year: taking the first-day-of-school photos to celebrate your kids starting new grades. As your kids look into the camera lens, have them think of a funny or happy memory. By showing the world their natural smile, they can show others how unique and special they are.

Of course, the best smile of all is a healthy one. Help protect your kids' smiles by:

- Stocking the pantry with healthy foods
- Encouraging water over sugary drinks
- Maintaining a good oral health routine
- Discouraging smoking and vaping ■

¹2018 Delta Dental Adult's Oral Health & Well-Being Survey

Growing herbs will make you smile

Herbs are good for your overall health, easy to grow and thrive indoors year-round. But they can also have some surprising effects on your oral health. See how you can benefit from growing these three herbs.



1

Mint

More than a dozen species of plants, including peppermint and spearmint, are part of the mint family. Mint is rich in nutrients — like vitamin A — and known for its overall health benefits, such as promoting good eye health and relieving indigestion.

Mint is good for your oral health. Chewing on fresh mint leaves may temporarily relieve bad breath. And, using mint in some recipes can help you cut down on cavity-causing sugar.

You can add fresh or dried mint to many foods and beverages. Use it as an ingredient in teas (see our recipe on the next page) and smoothies, infuse your water with mint, and sprinkle it on green salads or fresh fruit.



2

Sage

Sage is part of the mint family and is high in several nutrients. For instance, it contains vitamin K, known for its important role in bone health and blood clotting.

Sage is loaded with antioxidants that may help protect cells from diseases, including oral diseases. Research shows that antioxidants may play a role in wound healing and prevention of gum disease and inflammation.

There are many easy ways to add sage to your diet — garnishing soups, chopping the leaves into butter or mixing it with eggs in an omelet.



3

Rosemary

Another part of the mint family, rosemary contains antioxidants and anti-inflammatory compounds that may help boost the immune system and improve blood circulation.

Rosemary promotes good oral health because it contains calcium. Calcium is an essential mineral for your smile, as it strengthens enamel, helps prevent tooth decay and can even repair places where acids have damaged teeth.

Whether fresh or dry, rosemary is often used in chicken, lamb and egg dishes — or added to tea.



Continued from page 13

Keep your oral health in mind while gardening.

Not only can you reap the oral health benefits of the herbs you grow, but outdoor gardening is also good for your overall health because it's a moderate form of exercise. Make sure to protect your oral health while gardening by:

- **Sporting a wide-brimmed hat and using lip balm with SPF 30 or higher** to protect yourself — including your lips — from sun damage and cancer
- **Avoiding dry mouth** by staying hydrated with water
- **Preventing accidents like dental injuries** by using extra caution with power tools
- **Wearing gloves and washing your hands before eating or touching your mouth** to avoid contact with bacteria and fungi



Brew mouth-friendly herb tea.

Enjoy the results of your green thumb with this tea made from mint, sage and rosemary. Whether you sip it hot or cold, this herb tea blend is good for your smile.

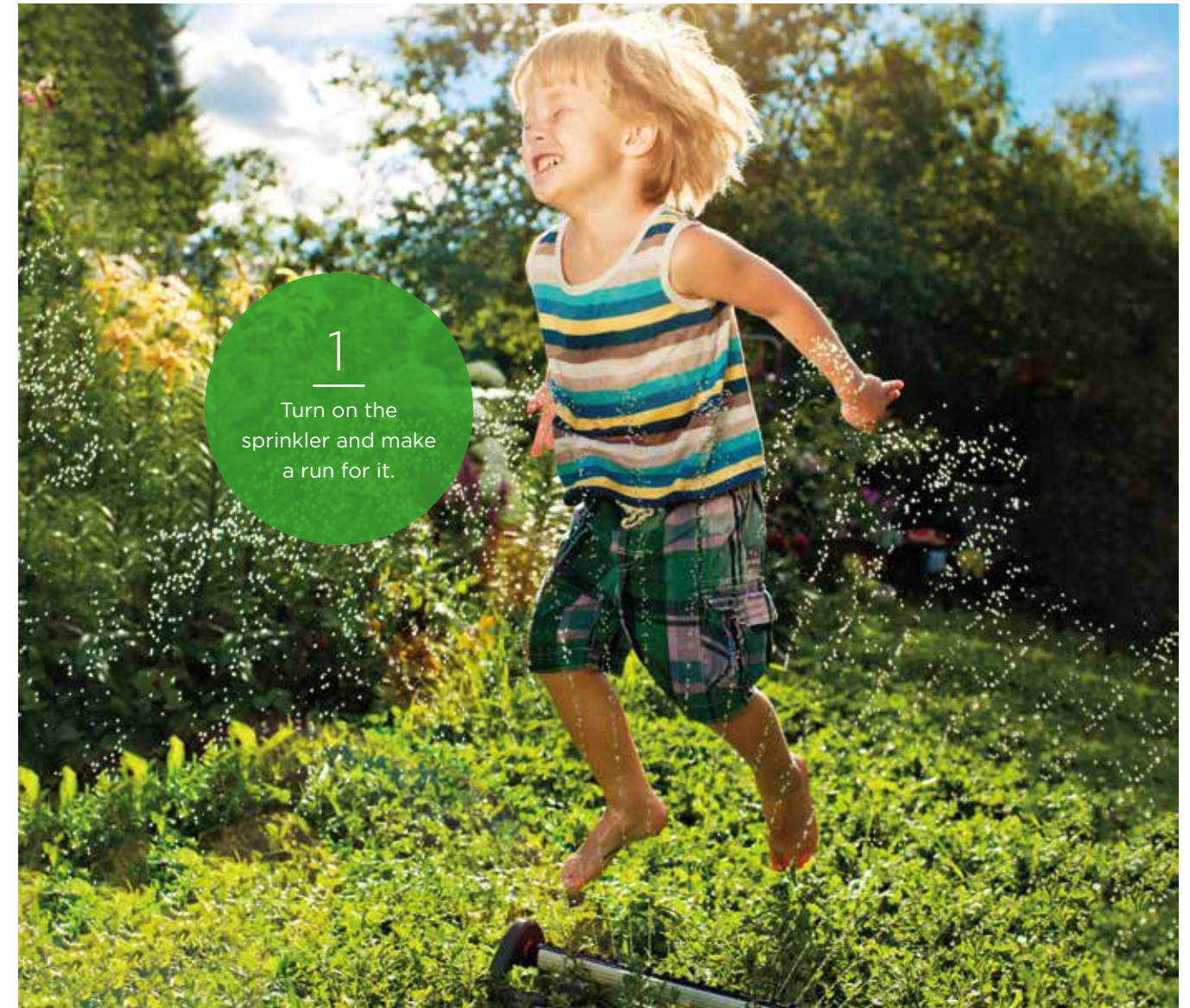
Ingredients:

- 6 tablespoons dried mint
- 1 tablespoon dried sage leaves
- 1 tablespoon dried rosemary
- 1 tablespoon dried thyme
- 1 cup water

Directions:

- 1 Combine herbs in an airtight container.
- 2 Place 1½ teaspoons of tea mix in a glass.
- 3 Crush mixture with a spoon until aromas are released.
- 4 Add 1 cup of boiling water.
- 5 Cover and steep for 10 minutes.
- 6 Strain tea into mug, discarding herbs.
- 7 Enjoy! ■

Your summer smile list



1

Turn on the sprinkler and make a run for it.

- 2 Relieve some stress by grabbing colored pencils and a coloring book.
- 3 Rise and shine extra early to catch the sunrise.
- 4 Grab a bucket and some sponges and wash your car. Don't forget to wear sunscreen and lip balm with SPF 30.
- 5 Take a virtual tour of a well-known museum.
- 6 Attract butterflies to your garden by planting colorful, pollen-rich wildflower seeds.
- 7 Grow a container of herbs outside (or even inside!). See pages 12-14 for three herbs to grow at home.
- 8 Make homemade cards with your kids and send them to a local nursing home.
- 9 Linger on the porch and catch up on a good book.
- 10 Head outside and try some new activities with your kids. Check out our ideas on pages 8-10. ■

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What marijuana could do to your mouth

The use of marijuana in the United States isn't as taboo as it used to be. Marijuana — also known as cannabis, grass, hash, pot or weed — is now legal for adult recreational use in 11 states and for medical use in 33 states. A national survey showed 1 in 7 U.S. adults used marijuana in 2017.¹



Potential health benefits include:

- Treating epilepsy, post-traumatic stress disorder and anxiety
- Managing chronic pain and the side effects of chemotherapy
- Relieving migraine symptoms
- Improving sleep and reducing inflammation



Potential oral health problems include:

- Dry mouth and an increased risk of cavities and gum disease
- Irritation, swelling and reddening in your mouth
- White or gray patches on your gums, inside your cheeks, on the bottom of your mouth or on your tongue
- Increased risk of mouth and throat cancers

Problems exist with other forms of marijuana, as well. Some people use the drug by vaping it, brewing it as a tea, or eating it in food such as brownies and gummies. Beyond the potential negative health effects of marijuana itself, some of those edible products can expose your teeth to sugar for hours and promote tooth decay.

Our verdict: Consult with your physician before making any decisions regarding marijuana use. It is still illegal to buy, grow, possess or use marijuana in many states. Follow the laws of the state you live in and be aware of the potential effects on your oral and overall health. ■

¹Reuters, Annals of Internal Medicine report

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How 3D technology can help your teeth

Three-dimensional (3D) imaging and printing is revolutionizing dentistry with its ability to make braces, dentures, crowns and implants more quickly and accurately using a computer program and special high-definition 3D dental printer.

With its potential to save time, 3D dental printing is becoming more popular with dentists and dental students around the world. The use of this technology is growing so rapidly that the global dental 3D printing market — valued at \$1.1 billion in 2016 — is expected to reach \$7.4 billion by 2025.¹



Orthodontics is one of the most common dental uses of 3D printing with the creation of clear braces, aligners and retainers to help straighten your teeth and fix your bite. This technology is also used to make mouth guards to help prevent nighttime teeth grinding.

Just don't attempt to print your own braces! Trying to straighten your teeth on your own can cause permanent damage and be more costly in the long run. That's because your orthodontist doesn't just look at your smile but also at the quality of your bite and the proper alignment of your teeth and their roots as your teeth begin to move.



Dentures traditionally take five or more procedures over time to get fitted properly. But with 3D imaging, modeling and printing, dentures can be made in half the time.



Crowns to replace weak, cracked or broken teeth have also been simplified. The use of 3D scanning, designing and manufacturing can reduce the process of developing crowns from several weeks to less than an hour — all without having to create a dental mold out of plaster.



Dental implants to replace lost teeth generally take days or weeks to prepare. 3D scanning and printing allow dentists to skip the step of creating a physical mold of the teeth and gums, reducing the amount of time.

3D printing can potentially save time on some dental procedures, but your dentist may not be using this technology yet. If yours does, when the time comes, ask for a pre-treatment estimate so you know what your dental plan covers and aren't surprised by the bill. And know that you can rely on your dentist, orthodontist and other dental specialists to take the best care of your smile. ■

¹MarketWatch

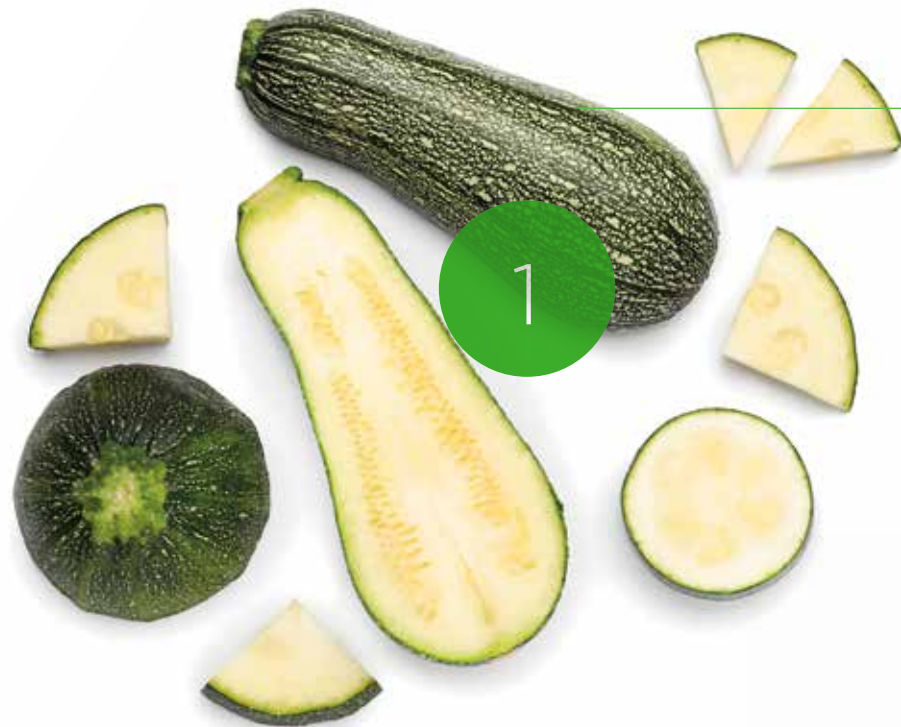
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5

surprising foods

to add to your summer menu

Burgers, potato salad and corn on the cob may be the first foods that come to mind when you think about summer meals. But there are many tasty foods you may not even realize are in season. Check out these five favorites — and get some meal inspiration.



Zucchini

Peak season: June to August

Health benefits: Zucchini is a superfood rich in key vitamins and minerals. Its magnesium, potassium, and phosphorus can help strengthen your teeth and bones.

Ways to enjoy: This versatile summer veggie is perfect for dishes like kebabs and casseroles (see our recipe on page 5). For a pasta alternative that's both low-carb and better for your oral health, try making zucchini noodles!

Cherries

Peak season: May to August

Health benefits: Cherries are low in calories and packed with antioxidants. They contain plenty of vitamin C, which can strengthen your gums and protect against gum disease.

Ways to enjoy: These sweet, juicy fruits are great with salads. You can also pair them with oatmeal, blend them into a smoothie or turn them into a sauce for chicken or pork. Just be careful not to bite into the pits.



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Eggplant

Peak season: July to October

Health benefits: This high-fiber, low-calorie food has many health benefits. It's full of calcium and potassium, among the most important nutrients for healthy teeth and bones.

Ways to enjoy: Because eggplant is so versatile, it's included in popular dishes around the globe. Roast, grill, bake or sauté it to make a delicious salad or side dish. Bake it into a casserole or purée it into a dip.

Plums

Peak season: July to August

Health benefits: Plums are a great source of antioxidants as well as vitamins A and C, which are needed for healthy gums and saliva production.

Ways to enjoy: Plums are delicious all by themselves. They can also bring some tartness to salads, or they can be made into great sauces or smoothies. Try them on low-sugar yogurt, or freeze some to enjoy later.



Lima beans

Peak season: June to September

Health benefits: Lima beans — sometimes called “butter beans” because of their texture — are packed with minerals. Their calcium, potassium, magnesium and phosphorus help maintain healthy teeth and gums.

Ways to enjoy: Lima beans have a rich, creamy flavor. They are often used in soups, stews, casseroles and succotash. ■



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