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Sleep well  
— FOR A —  
healthier smile

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**grin!**

WELLNESS + NUTRITION



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**Build a better breakfast**

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**Sleep well for a healthier smile**

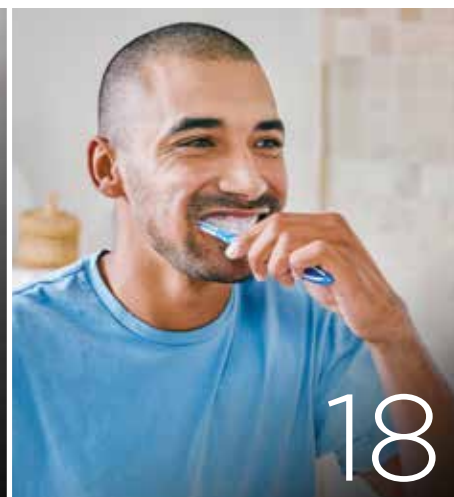
Good sleep has some surprising connections to your oral health. Rest assured, you'll learn more about getting a better night's sleep.

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



View web-exclusive content, videos and more!

NEWS + RESEARCH



**The connection between your smartphone and your smile**

Have you considered the risks to your mouth when using your smartphone? See how to protect yourself from facial injuries, stress and more.

WELLNESS + NUTRITION



**Healthy foods for your teeth**

No matter where you shop, it's good to know what foods and drinks are best for your oral health. Find out how to make good choices at a farmers market.

Access the digital version anytime, anywhere at [grinmag.com](http://grinmag.com).



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# On topic with Dr. Dill: how a tick bite can harm your smile



Lyme disease can result in problems for your oral and overall health. It's contracted from bacteria passed on through a bite from a black-legged or deer tick that was infected after feeding on a deer, bird or mouse. Some ticks are so tiny — about the size of a poppy seed — that you may not realize you've been bitten.



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.

### Oral symptoms of Lyme disease

Early signs of Lyme disease can potentially be detected in your mouth. As a result, your dentist may be the first person to recognize symptoms, including:

- Pain in your temporomandibular joints (TMJ), which connect your jawbones to your skull
- Toothaches not caused by decay or infection
- Facial weakness or paralysis, usually on one side of the face

### Additional symptoms of Lyme disease

The majority of people (70%-80%) with Lyme disease develop a rash at the site of the tick bite.<sup>1</sup> This occurs as early as three days or as late as 30 days after being bitten. The rash may get bigger and take on the appearance of a target or bull's-eye.

Other potential symptoms include fever, chills, fatigue, achy joints and headaches. The longer the disease goes untreated, the more likely serious symptoms, such as arthritis, mental fogginess and numb limbs, will develop.

### How to prevent tick bites

While ticks are active all year, they can be especially troublesome during warmer weather and in the Northeast and North Central parts of the U.S. Try to avoid grassy, bushy or wooded areas, but if you do venture in or near them:

 <b>Spray</b> yourself, your clothes and gear with insect repellent.	 <b>Wear</b> long-sleeved shirts and long pants when possible.	 <b>Walk</b> in the center of trails.	 <b>Check</b> yourself, your pets and gear for ticks after exiting.	 <b>Change</b> clothes and take a shower upon returning indoors.
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Feel more secure this season. Find additional spring safety tips on page 6.

If you find a tick bite or have symptoms of Lyme disease, see your physician immediately. By using antibiotics early, most people with Lyme disease can be treated successfully. ■

<sup>1</sup>Centers for Disease Control and Prevention

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# Mouth-friendly recipe: green shakshuka

Whether you enjoy a plant-based diet or are just looking to add more greens to your meals, this one-pan dish packs a protein punch to boost your energy and keep you smiling. This recipe puts a fresh spin on a traditional tomato and pepper shakshuka by swapping the peppers and acidic tomatoes for some power greens instead.

### Ingredients:

- ¼ cup extra virgin olive oil, plus extra for drizzle
- 8 ounces Brussels sprouts, trimmed and thinly sliced
- Pinch of kosher salt
- ½ large red onion, finely chopped
- 3 garlic cloves, minced
- 8 ounces kale, chopped with veins and stems removed
- 2½ ounces baby spinach
- ½ teaspoon crushed red pepper flakes
- 1 teaspoon coriander
- ¾ teaspoon cumin
- ½ cup water
- Juice of ½ lemon
- 4 large eggs
- 1 green onion, both white and green parts, chopped
- Handful fresh parsley, for garnish
- Crumbled feta, for garnish

### Directions:

- ① In a 10-inch skillet with lid, heat olive oil over medium-high heat until simmering but not smoking.
- ② Add Brussels sprouts and sprinkle with kosher salt. Cook for about 5 to 6 minutes, tossing occasionally until Brussels sprouts soften and get slightly charred.
- ③ Reduce heat to medium. Add onions and garlic. Cook for 3 to 4 minutes until softened.
- ④ Add kale and cook for 5 minutes until wilted. Add spinach and stir to combine. Sprinkle with kosher salt.
- ⑤ Add red pepper flakes, coriander and cumin; toss to combine.
- ⑥ Add water to skillet. Turn heat to medium low and cover. Cook for about 8 to 10 minutes until kale is completely wilted. Stir in lemon juice.
- ⑦ Use the back of a spoon to slightly separate the veggies, creating four openings for the eggs. Crack an egg in each opening and season with kosher salt; cover. Cook for 4 minutes or until eggs have cooked to your preference.
- ⑧ Remove from heat and drizzle with olive oil. Garnish with parsley and feta.
- ⑨ Serve immediately. Enjoy! ■



**Feta cheese** is an excellent source of calcium and protein that build strong teeth.

**Spinach** stimulates saliva that washes harmful acids away from teeth.

**Brussels sprouts** are full of vitamin C, which helps maintain healthy teeth and gums.

# 6 TIPS FOR A SAFER SPRING



## Readers ask, we answer



*Michael asks:*  
"Should I be worried about little cracks in my teeth?"

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

Hi, Michael! Those small vertical cracks in the enamel of your teeth are called craze lines. They are normal and common, often appearing as people age. Craze lines can be translucent, gray, yellow or brown. There is no need to be overly concerned about the appearance of craze lines, but they may increase the amount of visible staining on your teeth. That's why they are frequently more noticeable in people who drink dark beverages or use tobacco products.

### Craze lines are generally caused by:

- Everyday wear and tear
- Teeth grinding or clenching (bruxism)
- Uneven bite
- Nail biting
- Chewing on ice or other hard objects
- Gum disease
- Teeth injury or trauma

Unlike cracked teeth, craze lines are merely surface cracks, so they usually don't get worse over time. In addition, craze lines rarely require treatment to preserve the tooth and don't cause pain, swelling or sensitivity.

You may be able to keep craze lines from darkening by avoiding tobacco products and dark-colored beverages like coffee, red wine, cola and black tea. Make sure not to chew on ice and other hard items, or use your teeth for anything other than chewing food, as you can worsen craze lines and damage teeth.

While craze lines are largely a harmless cosmetic concern, it's still important to consult your dentist to find the cause and make sure they are not a more serious crack. If your craze lines are caused by bruxism or gum disease, your dentist can treat the underlying causes. If you are concerned about the look of craze lines, your dentist may recommend tooth whitening or cosmetic restoration options such as crowns or veneers. Be aware that cosmetic procedures may not be covered by your dental plan. ■



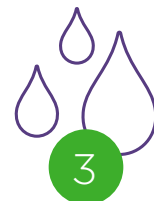
#### 1 Protect your mouth.

- Wearing a mouth guard during sports and other activities helps prevent broken, lost or loosened teeth, as well as injuries to your lips, gums, cheeks and tongue.
- Although spring is known for rainy and cloudy weather, the sun can be surprisingly intense — even on overcast days. Apply lip balm with an SPF of 30 or more to help prevent oral cancer.



#### 2 Wear a helmet.

- Helmets can protect against serious injuries — including facial injuries — when biking, riding a scooter, inline skating or skateboarding.
- Make sure everyone in the family has a helmet that fits correctly and knows how to wear it properly. Helmets should be replaced every five years or so, as the foam inside begins to deteriorate.



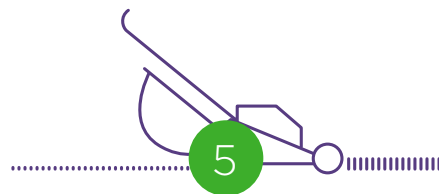
#### 3 Stay hydrated.

- Dehydration can cause dizziness, headache, nausea, stomach pain, muscle cramps and more. As you increase your outdoor activity, make sure you and your children drink plenty of water before, during and after going outside.
- Water and other unsweetened drinks are much better choices than sports or energy drinks that often contain a lot of cavity-causing sugar or acid.



#### 4 Clean safely.

- Spring brings out the urge to clean, so try to choose nontoxic products to avoid potential hazards like throat and eye irritation.
- Simple mixtures of soap and water or vinegar and water are often as effective and much safer than toxic chemicals. But be careful not to get vinegar in your eyes and never mix it with bleach!



#### 5 Practice lawn care safety.

- Keep kids safe from injury. Don't let them ride or play on or around the mower, even when it's not being used.
- Check your extension cords, and the cords on lawn and garden tools. If they have cuts, cracks or frayed wires, it's time to replace them.



#### 6 Drive carefully.

- During a rainstorm, make sure to turn headlights on, drive slowly and keep plenty of space between cars. Avoid driving during a hailstorm and keep off of flooded roads.
- Get your vehicle ready for wet, slippery conditions by checking wiper blades, lights, tires and brakes. ■



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# Build a BETTER breakfast

Why is breakfast so important? It's been said so often that breakfast is the most important meal of the day that it's become a cliché. However, there are many reasons why it may very well be true.

After all, when you eat breakfast — especially a meal that's high in protein and fiber — you'll feel more full until lunchtime. This makes it much less likely you'll overeat at lunch or eat too many unhealthy snacks throughout the day.

## Studies show that a healthy breakfast can be helpful for:

- Maintaining a healthy weight
- Increasing energy
- Staying alert, focused and happy
- Reducing risk of diabetes and heart disease
- Lowering levels of bad cholesterol

One study showed that people who skipped breakfast four to five days a week had a 55% increased risk of type 2 diabetes.<sup>1</sup>

## Kids need breakfast, too.

Children who eat a nutritious breakfast are more likely to be focused, have more energy and score higher on tests than children who skip this important meal.<sup>2</sup>

Like adults, kids who skip breakfast are more likely to eat poorly later in the day and have more body fat than children who eat breakfast daily. Eating cavity-causing junk food to fill up after skipping breakfast is bad for children's and adults' teeth and overall health.

## What should be on the morning menu?

When you reach for nutritious choices that contain plenty of protein and fiber, you'll stay full longer and benefit from better overall health and a healthier smile.

<sup>1</sup>The Journal of Nutrition  
<sup>2</sup>National Library of Medicine, The Effects of Breakfast and Breakfast Composition on Cognition in Children and Adolescents: A Systematic Review

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Build a better breakfast with these healthy foods:



**Eggs** are packed with antioxidants and can help prevent eye disorders, and improve brain and liver health.

The protein and phosphorous in eggs help protect your teeth's enamel.

**SERVING SUGGESTION:** Make an omelet or breakfast burrito with a whole-grain tortilla filled with nutritious veggies and calcium-packed cheese.



**Oatmeal** contains a unique fiber that not only makes you feel full but also helps lower cholesterol.

Oats are packed with vitamins and minerals, including B vitamins, iron and zinc that help prevent mouth sores, inflammation, gum disease and cavities.

**SERVING SUGGESTION:** Fruit, nuts and milk all make mouth-friendly additions to your oatmeal.



**Greek yogurt** has more protein than regular yogurt and is a great source of probiotics to boost your immune system.

The calcium and phosphorus in Greek yogurt work together to strengthen your teeth.

**SERVING SUGGESTION:** Choose a low-sugar version and sweeten it naturally with cinnamon and fruit. Top with antioxidant-rich chia seeds.



**Cottage cheese** provides the perfect mixture of low calories and high protein.

Like other dairy foods, cottage cheese is full of calcium, a vital mineral for great oral health.

**SERVING SUGGESTION:** Add nutrient-dense berries or mix with eggs to make a healthy frittata.



**Low-sugar smoothies** allow you to get your morning nutrition from a beverage that combines milk, fruit and veggies.

Of course, milk is an outstanding source of smile-enhancing calcium.

**SERVING SUGGESTION:** Use higher-protein, yummy produce like kiwis, apricots, avocados and blackberries.

Produce is a good choice for your smile any time of day. It makes a great addition to other dishes and you can also create delicious breakfast bowls centered on fruits or vegetables.



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Don't skip breakfast but do skip these choices:

Many breakfast staples are frequently laden with calories and cavity-causing sugars and starches but low in filling fiber and protein, including:



Sugary cereal



Pastries and doughnuts



Breakfast bars



Pancakes, waffles and maple syrup



Bagels



Packaged muffins



Fruit juice



Hash brown patties



Fast-food breakfast items

Get your day off to a nutritious start with our tasty green shakshuka recipe on page 5. ■

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## How healthy is your kitchen?



What's hiding in your freezer?

- (A) Frozen fruits, veggies and lean meats, poultry and fish. (3 points)
- (B) Mostly convenient, low-calorie, high-sodium frozen dinners. (2 points)
- (C) Carb-heavy snacks and appetizers, plus plenty of sweet frozen treats. (1 point)

While ice cream contains calcium, it's usually full of sugar. One study showed people are more likely to eat in moderation when they purchase only small, individual servings.<sup>1</sup>

Which of these can be found in your fridge?

- (A) Fresh fruits, veggies, lean proteins, eggs and low-sugar dairy products. (3 points)
- (B) Packaged fruit cups, higher-sugar yogurt and fattier red meat. (2 points)
- (C) High-calorie snacks full of starches or sugar, and processed meats. (1 point)

Not all yogurts are created equal. While they all contain teeth-strengthening calcium, some yogurts are surprisingly high in sugar, especially if they come with add-ins.

What do you grab from the kitchen when you're thirsty?

- (A) Water, plain milk or unsweetened tea. (3 points)
- (B) Flavored or carbonated water, juice or chocolate milk. (2 points)
- (C) Soda, energy drinks, or high-sugar or acidic sports drinks. (1 point)

No sugar. No calories. Water prevents cavity-causing dry mouth while also cleaning your teeth. Is it the perfect beverage, or what?

What does your condiment collection contain?

- (A) Salsa, hummus, hot sauce and plain yellow mustard. (3 points)
- (B) Honey mustard, vinaigrette dressing and sracha. (2 points)
- (C) Ranch dressing, barbecue sauce, ketchup and maple syrup. (1 point)

Baby carrots and hummus make a super snack that's low in fat and high in protein. Hummus promotes healthy cell growth in your mouth, while carrots help wash away cavity-causing bacteria.

What's behind your pantry door?

- (A) Beans, lentils, nuts, tuna, and whole grains like brown rice and oatmeal. (3 points)
- (B) Pasta, boxed dinners and high-sodium soup. (2 points)
- (C) Mostly junk food — like cookies, toaster pastries, chips and crackers. (1 point)

Nuts make a great snack, or they can be added to yogurt, salads and more. They're full of filling fiber, protein and healthy fats, and they help clean your teeth as you crunch.

Add up your points to see if the way you stock your kitchen is helping or hurting your oral and overall health.

12-15 points **Kitchen connoisseur**  
Your kitchen is well-stocked for your smile and body.

10-11 points **Aspiring health enthusiast**  
You're close. Switch out a few items and you'll have a healthier kitchen in no time.

5-9 points **Junk food aficionado**  
Make a list of healthy items and stick to it next time you shop. Your smile will thank you!

**Tip:** Shopping online can help you resist the temptation to impulse buy. ■

<sup>1</sup>University of Pennsylvania



# Sleep well — FOR A — healthier smile

You need a full night's rest for a full day ahead. Sleep gives your body and mind a chance to recharge. That's why it's important for your health, including your oral health.

Healthy sleep can help you fight off diseases. But poor sleep is connected to hypertension, heart disease, stroke, type 2 diabetes, obesity, acid reflux, depression, anxiety and more. Untreated sleep apnea, in which breathing repeatedly stops and starts, can even be fatal due to low oxygen levels, high blood pressure and strain on the heart. People with sleep issues are often less alert and lacking energy during the day, resulting in decreased productivity.

Most adults need seven to nine hours of sleep nightly, while children and teenagers need more, especially when they are 5 years old or younger. Good sleep is a matter of both quantity and quality. The amount of time you're asleep and reaching the deep rejuvenating stages of sleep are key.

## The effects on oral health

While quality sleep reduces bad breath, mouth ulcers and gum disease, poor sleep can result in a number of oral health issues, including:

- **Teeth grinding or clenching (bruxism)**
- **Disorders of the temporomandibular joint (TMJ)** that connects the lower jaw to the upper jaw
- **Cavity-causing dry mouth** caused by mouth breathing
- **Increased risk of gum disease**

Due to the number of oral health issues caused by sleep disorders, your dentist or dental hygienist may be the first to discover a problem. If your dental team notices issues associated with a sleep disorder, they will refer you to a physician for treatment. In addition, your dentist will address any oral symptoms.

Your dentist may repair misaligned teeth, offer guidance on alleviating dry mouth, fit you for a dental night guard to manage teeth grinding and clenching, and more.

## How to get a good night's sleep

You may find it helpful to:

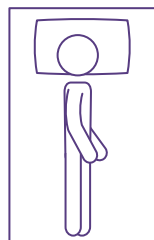
- **Exercise** any time of day, as it may help you fall asleep faster
- **Refrain from caffeine, alcohol and large meals** later in the day
- **Incorporate a consistent bedtime routine**, including retiring the same time every night
- **Keep a comfortable room temperature** (usually a few degrees lower than during the day) in your bedroom
- **Avoid blue and bright lights**, including TV, smartphone and computer screens beginning two or three hours before bedtime
- **Make sure your mattress, pillows and sheets are comfortable**
- **Use blackout curtains** to keep a low-light level in your bedroom

Some online sites recommend taping your mouth shut when sleeping to force nose breathing, claiming it helps prevent dry mouth and snoring. The technique is not proven, and physicians warn it could cause poor sleep, anxiety and breathing troubles.



Continued from page 13

Here's another way you can potentially get a better night's sleep. Find your sleep position to see how simple changes may help make you more comfortable at bedtime.

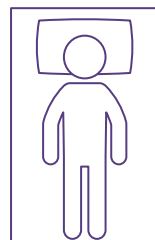


**Log**

**Position:** On your side with arms down close to your body.

**Advantage:** May cut down on sleep apnea.

**TRY THIS:** Place a pillow or blanket between your knees to reduce pressure on your hips.

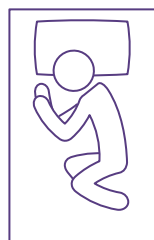


**Soldier**

**Position:** Flat on your back with your arms at the side.

**Advantage:** Can help with acid reflux.  
**Disadvantage:** Snoring.

**TRY THIS:** Put a pillow under your knees to reduce back pain. If you snore, sleep on your side instead.

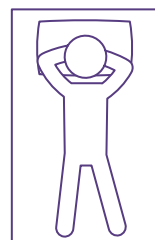


**Fetal**

**Position:** Curled up on your side.

**Advantage:** It's a comforting position.

**TRY THIS:** Stretch out a little for easier breathing.



**Starfish**

**Position:** On your back, legs spread with arms bent up on either side of your head.

**Advantage:** Can help with acid reflux.  
**Disadvantage:** Snoring.

**TRY THIS:** Put a pillow under your knees and choose a firm mattress to avoid back pain.



**Freefall**

**Position:** On your stomach with arms under your pillow or either side of your head.

**Disadvantage:** Can cause lower back and neck pain.

**TRY THIS:** Use a softer pillow.

As many as 70 million Americans may be suffering from the health effects of chronic sleep disorders or disruptions<sup>1</sup> such as insomnia, sleep apnea, narcolepsy and restless leg syndrome. See your physician if you are having difficulty getting enough quality sleep. ■

<sup>1</sup>US National Library of Medicine National Institutes of Health

# Your spring smile list



1  
Take a stroll around a pond and visit the ducks.

- 2 Jump-start your morning with a protein-packed breakfast. See our recipe on page 5 for a tasty dish.
- 3 Wiggle your toes in the fresh grass.
- 4 Take a closer look at the trees and flowers blooming in your neighborhood.
- 5 Sip a matcha latte instead of espresso and reap the benefits of antioxidants. Learn more on page 16.
- 6 Search the sky to spy a colorful rainbow after a spring shower.
- 7 Dig in the dirt to prep your garden for planting. Flip to page 6 for outdoor safety tips.
- 8 Tee off on your next round of mini golf and try for a hole in one.
- 9 Check out your local library website and download a good audiobook to listen to while walking.
- 10 Refresh your bathroom with simple changes that'll make you smile! Find inspiration on pages 18-19. ■



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## Much ado about matcha



Matcha powder, made from ground green tea leaves, has become trendy in recent years. Its slightly sweet taste is featured in teas, lattes, smoothies and desserts. However, its powers have been known in Japan for thousands of years.

### Potential health benefits of matcha

Because you are consuming the entire tea leaf, matcha is packed with nutrients. It contains more antioxidants than other green teas and a highly beneficial plant compound called epigallocatechin gallate (EGCG). As a result, matcha may help support:

- Heart and liver health
- Weight loss
- Brain function
- Cancer prevention
- Protection against cell damage
- Lower risk of chronic disease

Like other green teas, matcha is full of antioxidants that are good for your oral health. That's because it's highly effective in killing bacteria, likely reducing the risk for cavities, gum disease and bad breath.

### The effects of caffeine

Matcha contains more caffeine than other green teas but less than coffee or black tea. This not only helps the brain function, but matcha also contains an amino acid called L-theanine, which helps you avoid the jitters and energy crash you can experience after consuming caffeine. However, if you drink too much caffeine, it can cause headaches, diarrhea, difficulty sleeping and irritability.

#### MATCHA LATTE



- ① Combine 1 ½ teaspoons matcha powder with 1 tablespoon hot water.
- ② Whisk until there are no lumps.
- ③ Stir in 2 teaspoons honey.
- ④ Add ¾ cup hot milk and enjoy!

**Our verdict:** When you compare the many health benefits to the minor side effects, it's likely matcha could be a good addition to your diet. Check with your physician and dentist before adding it to your routine to make sure it's best for you. If you do purchase a product containing matcha, make sure it's not full of added sugar. You may also want to limit your consumption to mornings, as the caffeine may disrupt your sleep. [See more about sleep issues beginning on page 12.](#) ■

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## Why you shouldn't skip these health appointments



It may be easy to come up with excuses for missing a routine health appointment. However, the possible consequences of missing out on appointments far outweigh any concerns.

### Dental exam and cleaning

Along with brushing twice a day for two minutes each time and flossing daily, visiting your dentist regularly is a crucial part of good oral health. Your dental hygienist will clean your teeth, removing tartar that can only be treated professionally. In addition, your dentist will check for oral diseases, such as cavities, gum disease and oral cancer, along with other diseases that produce symptoms in the mouth. Catching problems early makes them easier and less costly to treat.



Between checkups, it's smart to perform a monthly self-check of your mouth. See your dentist if you discover any sores, irritations, red or white patches and/or lumps that last more than two weeks.

### Cancer screening

As with oral cancer, early detection of other cancers can be the key to a better outcome. Routine screenings for breast cancer, colon cancer, cervical cancer, skin cancer and more are vital, especially if you have a family history of cancer. It's critical to contact your physician immediately if you experience possible cancer symptoms, such as seeing blood in the toilet, having difficulty swallowing or finding a lump.



Screening for breast cancer every two years reduces breast cancer deaths by 26% compared to no screening.<sup>1</sup>

### Skin check

Skin cancers are usually curable if treated early. Risk factors, such as previous occurrences of skin cancer, skin type, family history, and exposure to the sun or indoor tanning beds, will determine how often you should get a skin check from your dermatologist or physician. It's a good idea to do a monthly self-check to look for changes in moles, freckles and other marks on your skin. If you notice a change in color or bleeding, see your physician immediately.



When melanoma is detected early, the five-year survival rate is about 99%.<sup>2</sup>

### Wellness checkup

During a routine exam, your physician may check your weight, blood pressure, blood sugar, cholesterol, heart, lungs and more. You'll also get the opportunity to discuss any questions and concerns you have about your health.



While everyone should see their physician regularly, it's particularly important if you are above age 50, have chronic health issues or are at higher risk for health problems.

### Mental health appointments

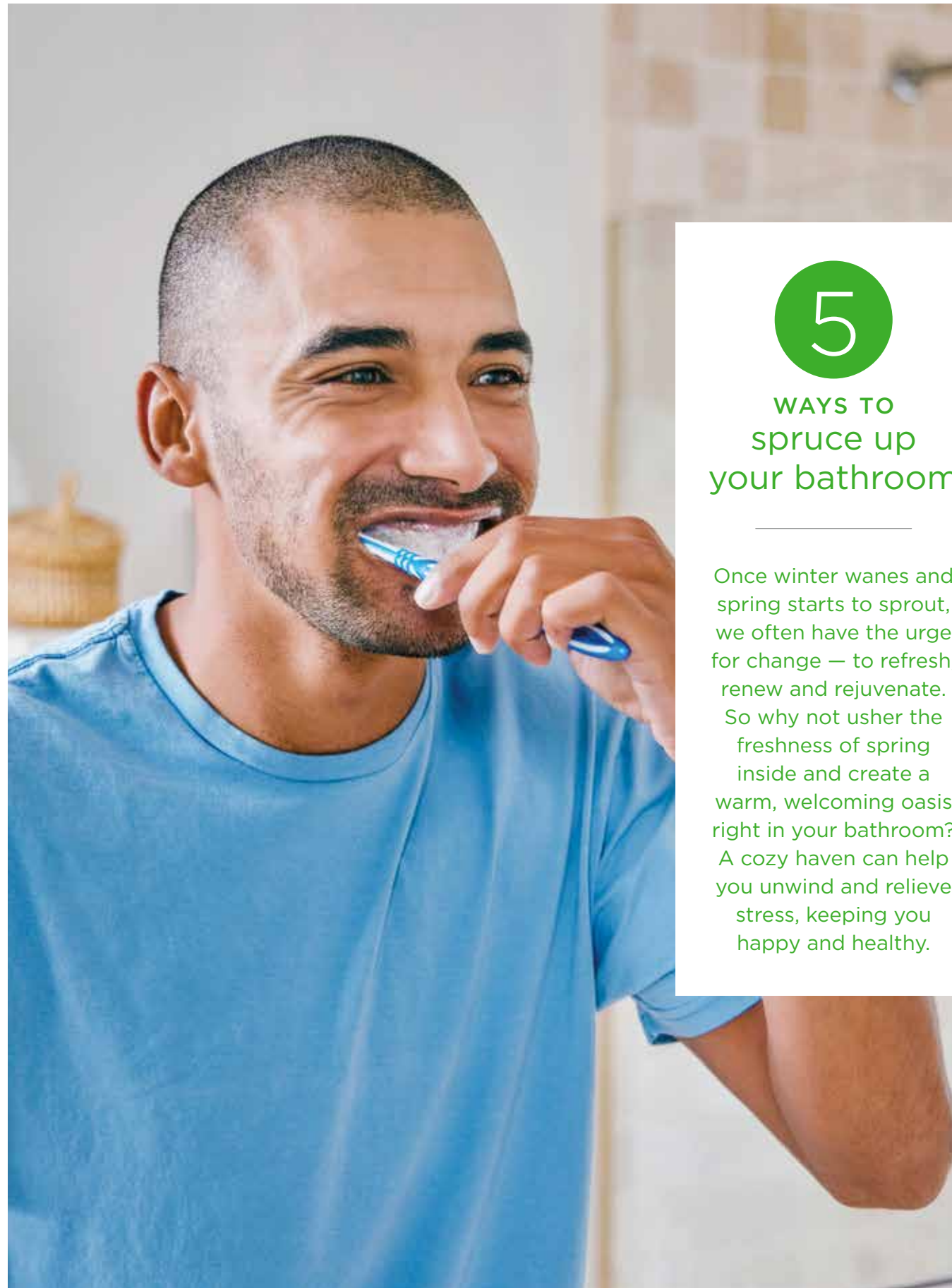
Like other parts of your overall health, early intervention is key to good mental health. Feelings of depression, anxiety, guilt, shame or just not feeling like yourself should be discussed with your physician or a mental health professional. People who regularly receive in-person mental health management should never put off their appointments.



As many as three-quarters of mental disorders start by the time a person reaches their mid-20s.<sup>3</sup>

Schedule your appointments as soon as possible. Then make sure to keep them. Health appointments are safe and they're vital, even when you're not aware of any immediate problems. ■

<sup>1</sup>Centers for Disease Control and Prevention  
<sup>2</sup>Skin Cancer Foundation  
<sup>3</sup>National Center for Biotechnology Information



5

WAYS TO spruce up your bathroom

Once winter wanes and spring starts to sprout, we often have the urge for change — to refresh, renew and rejuvenate. So why not usher the freshness of spring inside and create a warm, welcoming oasis right in your bathroom? A cozy haven can help you unwind and relieve stress, keeping you happy and healthy.



Sprinkle in calming colors

- Paint an accent wall or embrace patterns with a funky wallpaper to add some color into your space.
- Choose matching bath and hand towels for a fresh, cohesive look. Find ones with geometric patterns or texture to provide interest.
- Hang a colorful shower curtain to create a focal point. It's the quickest way to make it look like the entire bathroom was redone.

Shades of gray, blue and green can evoke feelings of calm and harmony.

Create a stylish setup

- Upgrade your toothbrush holder to one that complements your new bathroom décor.
- Pour your mouthwash in a glass decanter that looks beautiful on the vanity. This will add a touch of sparkle to your bathroom counter.
- Use small jars to hold cotton balls and floss picks. It's an easy way to keep them within reach.

Keeping items on display will serve as a daily reminder to use them.

Corral your clutter

- Add a decorative bin or two to keep essentials organized in a stylish way. Textured baskets can neatly house everything from toilet paper rolls to spare floss and toothpaste.
- Put a trinket tray on the vanity to collect all your loose ends at the end of the day.
- Clear out drawers and cabinets so you know what you have. Keep only your often-used products and toss or donate everything else to keep clutter under control.

Use your old toothbrushes to clean your bathroom until it sparkles.

Make it a self-care sanctuary

- Fill vessels with bath salts, bubble bath and bath bombs. The different colors and textures are not only gorgeous to look at, but they're heavenly to use in the tub or shower.
- Plug in an essential oil diffuser or light some aromatherapy candles to create your own spa at home.
- Hang a cozy robe that stands ready to wrap you in warmth. Indulge in an extra plush one for a layer of comfort.

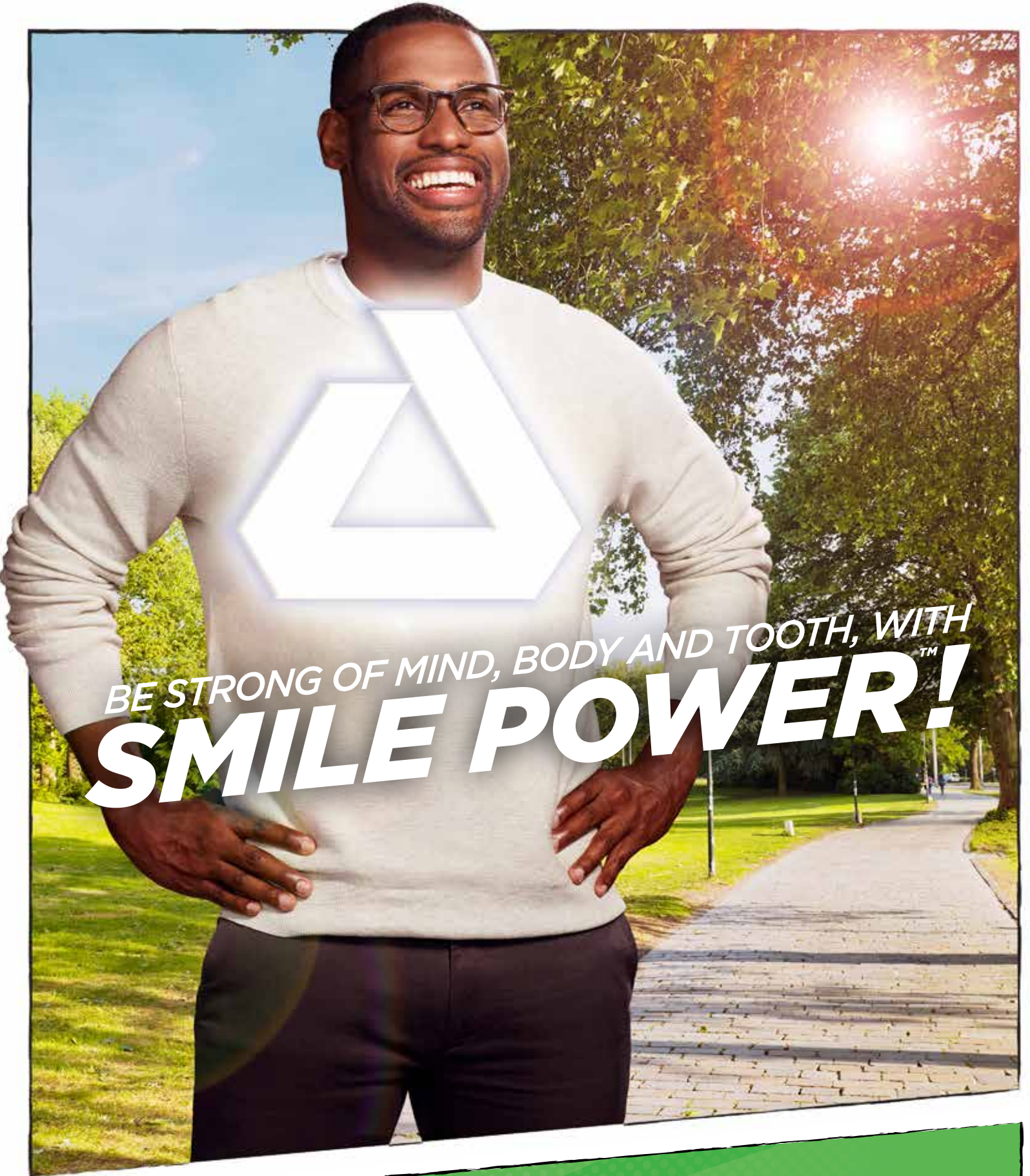
Lavender oil is great for relaxation and stress relief.

Keep it natural

- Add plants for color, texture and their natural health benefits. Choose varieties that suit your bathroom environment — there are plenty of low-light, high-humidity options.
- Let the sun shine in. If there's a window in your bathroom, make use of the natural light so you can avoid the harsh glare of lightbulbs.
- Use natural fibers like organic cotton or bamboo for towels. Quick-drying bamboo is a highly sustainable and renewable resource, and organic cotton is made without pesticides or harsh chemicals.

Aloe vera, rosemary and snake plants are known to help relieve anxiety and stress. ■





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