

**VOLUME 18 | ISSUE 2 | SUMMER 2022**

**GUEST ARTICLE: UNITED CONCORDIA DENTAL**

## UNITED CONCORDIA<sup>®</sup> DENTAL

### **Don't Let Summer Become a Dental Bummer**

School is over, it's hot outside, the sun is blazing and it's time for vacation fun. But believe it or not, all this merriment can put your oral health at risk. Here are some tips than can help you and your family avoid dental complications that could put a damper on the summer.



### **Swim with your mouth closed**

A dip in a cool pool can help beat the summer heat. But don't let water get in your mouth, because chlorine can erode your protective tooth enamel.<sup>1</sup> Teeth can become discolored, more sensitive and prone to decay.

### **Don't chew on ice**

Cold hard cubes can crack or chip your teeth, break fillings and crowns, and damage the wires and brackets on braces. A habit of chewing ice can also be a sign of iron deficiency, so mention it to your doctor.<sup>2</sup>

### **Rinse after sweet treats**

There's no better ending to a cookout than ice cream or fresh-baked fruit pie. But don't let sugar linger on your teeth too long. Bacteria in your mouth turn sugar into acid that can damage enamel and cause cavities. Swish with water or mouthwash, or even chew sugarless gum.

### **Wear lip balm with SPF 30**

Don't skip your lips. UV rays can cause sunburn and skin cancer, even on your lips. Too much sun can also lead to wrinkles and a dry, flaky smile. So, slather on a hydrating lip protectant, even on cloudy days.

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### Prevent dental emergencies

Wear a mouth guard during sports. Use scissors – not your teeth – to cut things. Don't chomp on hard candy and popcorn kernels. And be prepared to oversee dental emergencies just in case they happen.

### Need a dentist now?

On vacation or out of town? Our large national network means your plan is accepted at in-network dental offices all across the United States. Just use our online Find-a-Dentist tool to find a participating dentist wherever you are.

1. Erosive tooth wear; [ada.org](http://ada.org); August 2019.
2. Craving and chewing ice: A sign of anemia?; [mayoclinic.org](http://mayoclinic.org); March 2018.