

Take Care of Your Teeth to Help Avoid

CAVITIES

—By William Cramp Fit Flyer staff



“Teeth help you digest food, speak properly, and sport a nice smile,” said Ms. Theresa Grady, who runs the dental hygiene program at the Community College of Philadelphia.

These are some of the reasons it is important to take care of your teeth, she says. You should brush twice daily and floss at least once a day. You also should visit a dentist every six months for a check-up and cleaning, Ms. Grady said in a recent press conference with the *Fit Flyer*.

Taking care of your teeth can help you avoid problems such as cavities. Cavities are holes that form when teeth decay.

Ms. Grady said decay is caused when bacteria feed on food left in your mouth after you eat. If it is allowed to stay there for a long time, the bacteria will produce acids. The acids can start wearing away the enamel on the outside of your tooth. Eventually, a cavity can form, Ms. Grady said.

“All food can be good for your teeth, and all food can be bad for your teeth,” she said.

Some foods such as raisins contain vitamins and minerals, but can be bad for teeth if they stick to them. It’s best to brush your teeth after you eat, Ms. Grady said. But if you can’t, she said, rinse your mouth with water.

Be sure to brush your teeth before you go to bed, she advised. When you are sleeping, your mouth doesn’t move much and the food and bacteria can attack your teeth.

If cavities get too big, they can kill a tooth. In her job, Ms. Grady teaches students at Community College of Philadelphia how to clean teeth, check for cavities, take X-rays, examine gums, and handle other tasks. Like herself, her students become dental hygienists and work with patients.

“I love, love, love what I do,” Ms. Grady said.

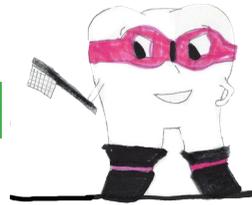
She gets to mentor new students and help patients keep their teeth healthy and their smiles bright.

DID YOU KNOW?

Ms. Theresa Grady shared the following information during her interview with the **William Cramp Fit Flyer**:

- ✘ If you grind your teeth together constantly, your teeth can wear out.
- ✘ In the word “gingivitis,” “gingiva” means gums and “vitis” means infection.
- ✘ As people grow older, their teeth start to turn yellow.
- ✘ Your teeth start to form before you are born.
- ✘ If a tooth is knocked out, put it in milk to keep it alive and don’t rinse it off. Call a dentist immediately.
- ✘ If you pull out a baby tooth that isn’t loose, you will have a space until your adult tooth comes in.
- ✘ Your gums are a cover to protect the bones in your mouth.
- ✘ The average adult has 32 teeth. Some people may have more or fewer.
- ✘ Your tooth is alive. The pulp in the center of your tooth has blood vessels and nerves.
- ✘ Pulling out an adult tooth leaves a space forever.
- ✘ Certain medications can turn your teeth colors before you are born.
- ✘ Bleeding gums are the result of an infection. You are probably not brushing your teeth correctly.
- ✘ When you are around 16 or 17, your wisdom teeth start to come in. Many people don’t have enough room in their mouths for the teeth. The dentist will need to pull them out.

Take Care of Your TEETH



DO YOU NEED HELP FINDING A DENTIST OR AN ADDITIONAL FACILITY FOR A TEETH CLEANING?

Here is a guide to dental resources in Philadelphia.

DENTAL SCHOOLS

Temple University	3223 N. Broad Street	215-707-2900
University of Pennsylvania	240 S. 40th Street	215-898-8965

PUBLIC HEALTH CENTERS (Federally Funded)

11th Street Family Services	850 North 11th Street	215-769-1100/1594
Fairmount Health Center	1412 Fairmont Avenue	215-684-5349
Marie De Los Santos Center	401 W Allegheny Avenue	215-291-2500
Quality Community Health	2501 West Lehigh Avenue	215-227-0300
Einstein Hospital Dental Clinic	5501 Old York Road	215-456-7130/7104
Frankford Ave Health Center	4510 Frankford Avenue	215-744-1302
District Health Center #2	1720 S. Broad Street	215-685-1822
District Health Center #3	555 South 43rd Street	215-685-7506/7505
District Health Center #4	4400 Haverford Avenue	215-685-7605
District Health Center #5	1920 N. 20th Street	215-685-2938
District Health Center #6	321 W. Girard Avenue	215-685-3816/3817
District Health Center #9	131 E. Cheltenham Avenue	215-685-5738
District Health Center #10	2230 Cottman Avenue	215-685-0603
Vaux Family Health Center	2300 Master Street	215-238-8289

FOR CHILDREN & THOSE WITH SPECIAL NEEDS, CALL

Penn Dental	240 S. 40th Street	215-898-8965
Temple Dental	3223 N. Broad Street	215-707-2900
Elwyn Dental Center (special needs)	4040 Market Street	215-895-5533
Episcopal Hospital	Front and Lehigh Avenue	215-426-6760
Kensington Hospital	130 West Diamond Street	215-291-8004

About Healthy NewsWorks

The Healthy NewsWorks® student media program engages elementary and middle school students in promoting literacy and health understanding in our communities. The student journalists conduct interviews, participate in press conferences, and write and illustrate stories on fitness, nutrition, safety, and more. The newspapers and books they produce raise health awareness, encourage readers to adopt better health habits, and serve as a literacy resource in schools.

Our website:

www.HealthyNewsWorks.org

About Community College of Philadelphia

Community College of Philadelphia's programs lead to sought-after careers or a seamless transfer into a bachelor's degree program. Students interested in earning a bachelor's degree can spend their first two years at Community College of Philadelphia and earn that degree for less. Affordable tuition, payment plans and opportunities for financial assistance make it possible for students to pursue their goals. The path to a degree or new career begins with a single step: visit www.ccp.edu.

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