



TOOTH BE TOLD

SJ TEETH NEWSLETTER



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ACTION MONTH

RECIPES FOR HEALTHY
TEETH

FLUORIDE FACTS

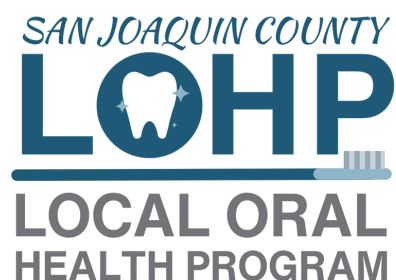
NATIONAL ORAL HEALTH
MONTH AND MORE!

Welcome to Tooth Be Told – May 2025

Tooth Be Told returns with its **quarterly updates** on oral health news. Our commitment is to provide valuable **insights and resources** to help you maintain a healthy smile. In this issue, we highlight the essential oral health assets available in our community, ensuring everyone has **access to the care and information** they need. April marks Oral Cancer Awareness Month and June is National Oral Health Month! We are dedicated to raising awareness about these critical health issues. We hope you find this issue both informative and inspiring, and as always, we welcome your feedback and participation in our ongoing efforts to **promote oral health in San Joaquin County**.



Treatment + Education for Everyone on Teeth + Health



Community Resources and Events

School-Linked Dental Program: The Local Oral Health Program and Community Medical Centers provide dental services in schools with **high enrollment of low-income families, including education, screenings, and referrals.** Currently serving nine districts, with plans to expand to more schools through the 25/26 school year. If you are interested in having our dental program at your school or have any questions, please contact **Claudia Alonso** at calonso@cmcenter.org.

Family Resource Center (FRC): The FRC is committed to the health and well-being of children in San Joaquin County, along with the adults that care for them. As an organization their mission is to provide advocacy, information, education, nutritional support, training, and childcare services – directly and by financially supporting community childcare providers to encourage healthy growth. On **Saturday, May 17**, the **FRC** invites you and your family to celebrate **Children and Youth Day Around the World!**

family resource center

Because kids.

35th Annual

Children & Youth Day
Around the world

Sat 17 May

10am-3pm

FREE Admission - Arts & Craft activities, Entertainment, Information & Resources

Pixie Woods at Louis Park.
3121 Monte Diablo Ave. Stockton, CA 95203

| **VERVE** **DELTA COLLEGE** **ACE**
acerail.com

Facts About Oral Cancer

According to the National Institute of Health the incidence rate for all ages in males is nearly three times greater than for females.



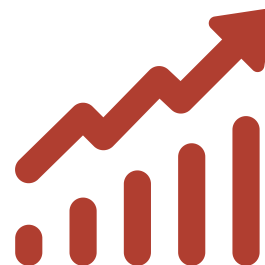
Those who smoke and drink have a 15 times greater risk of developing oral cancer than others.

Young people who have never smoked or used tobacco are getting diagnosed with oral cancer due to HPV. Talk to your provider about the HPV vaccine



Oral cancer includes cancers of the mouth and the back of the throat.

The rates for oral cancer are increasing compared to other cancers that are decreasing over time.



Oral Cancer Awareness

April was **oral cancer action month**, a crucial time to raise awareness about the importance of oral health and the risks associated with oral cancer.

Key risk factors:

- Tobacco use
- Excessive alcohol consumption
- Exposure to human papillomavirus (HPV) infection



Benefits with Avoiding Smoking:

- Gum disease is a leading cause of tooth loss in adults. Quitting can help protect your gums from infection, inflammation, and deterioration.
- Smoking contributes to plaque and tartar buildup, tooth discoloration, and chronic bad breath. Quitting can lead to a noticeable improvement in overall oral hygiene.

How to Prevent Oral Cancer:

- Incorporate healthy behaviors into your daily routine, including a balanced diet and consistent oral hygiene practices
- Perform routine mouth checks to identify any abnormal changes early
- Watch for clear indicators such as white patches, sores, or unusual lumps
- Schedule and maintain regular dental check-ups to support ongoing oral health

Prevention and screening programs are essential for early detection. Oral cancer has one of the lowest 5-year survival rates, but when detected early, the chances of survival are better!

Healthy Recipes for Healthy Teeth

Baked Vegetable Chips

Makes 4 servings. 1/2 cup per serving.

Prep time: 5 minutes

Cook time: 10 minutes

*Recipe provided by Arman Liew

Ingredients:

- ☐ 1 large Golden
- ☐ Beetroot
- ☐ 1 large Beetroot
- ☐ 1 large Zucchini
- ☐ 1 Large Carrot
- ☐ 1 Small Sweet Potato
- ☐ 1 Small rutabaga or turnip
- ☐ 1/2 teaspoon pepper
- ☐ 1 spray Oil Optional

Preparation:

1. Preheat the oven to 200C/400F.
2. Slice all the veggies into uniformly thin slices with a knife or mandolin. In a bowl, toss them with the oil, salt, and pepper until evenly coated.
3. Spread out on a baking pan lined with parchment paper, minimizing overlap. Bake for 10 minutes at 400F. Flip. Bake for another 5-10 minutes until crispy and slightly brown but not burnt. Watch them carefully and even remove some early if they are browning before the others.
4. Remove from the oven and allow to cool for a few minutes before eating.

Note: Add some extra flavor by tossing chips with red pepper flakes, dry ranch seasoning, or even cheddar cheese and feel free to substitute with your favorite vegetables!

Nutrition information per serving:

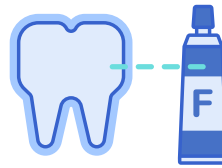
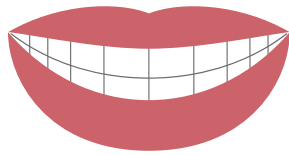
Calories: 99 kcal Carbs: 22g Protein: 3g Fat: 5g Sodium: 96mg Potassium: 749mg Fiber: 5g Vitamin A: 7804IU Vitamin C: 32mg Calcium: 61mg Iron: 1mg



Key Facts About Fluoride

What is Fluoride?

- Fluoride is a naturally occurring mineral found in various parts of the environment.
- Plays a crucial role in strengthening teeth and preventing cavities.
- Found in toothpaste, fluoridated water, and certain dietary sources.



Benefits of Fluoride

Prevents Tooth Decay

Aids in the Remineralization of Teeth

Safe for Children and Adults

Facts About Fluoride

- **Fluoridated Water is Safe...**
 - The safety of fluoridated water has been affirmed through extensive research and monitoring. It is considered safe and effective for all age groups!
- **Fluoride is Necessary with Good Oral Hygiene...**
 - While good oral hygiene is essential, fluoride adds an extra layer of protection. It enhances the benefits of regular brushing and flossing by further strengthening the teeth and helping to prevent cavities.

National Oral Health Month



June is National Oral Health Month. This is a time to remember the importance of maintaining good oral hygiene. Good oral hygiene practices keep your teeth and gums clean and healthy while also influencing your loved ones to do the same too. The more we learn about various healthy practices, the more we take pride in maintaining them, and the bigger the difference we can make in our family's and friends' oral health. Throughout this month we take the time to honor and thank all of those who work in dentistry and oral health and help communities maintain a healthy lifestyle.

How To Participate:

- Take care of oral health
 - Brush your teeth regularly and don't forget to floss!
- Make a dental appointment
 - Visit your dentist for a quick oral check-up. You can also schedule a visit to the dental hygienist and share your experience to encourage others to do the same.
- Smile and show off your happy teeth!

Did You Know?

- Visiting the dentist annually reduces the risk of tooth decay by 60%.
- 51 million school hours are lost because of dental-related illnesses
- Tooth decay is the second most common chronic disease
- On average, a person will consume 17 teaspoons of sugar in a day. That is 3x the recommended amount!

BEST FOOD FOR HEALTHY TEETH



Tooth Be Told shares success stories, challenges, and oral health related news.

If you have comments or want to update your email preferences, contact SJTEETH@sjcphs.org.

For more program information, visit www.sjteeth.org