



# TOOTH BE TOLD

## SJ TEETH NEWSLETTER



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MONTH

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## Welcome to Tooth Be Told – October 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. 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**.



# Community Resources and Events

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**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](mailto:calonso@cmcenter.org).

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**Family Day at the Park:** Our team was proud to join the community at Family Day at the Park at Weber Point in Stockton. This annual event brought families together for a day filled with fun, learning, and connection. The park was alive with music, children's activities, community resources, and opportunities for families to explore local programs that support health, education, and well-being.



# Community Resources and Events

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**Breastfeeding Celebration:** We joined PHS WIC on October 3 for the Breastfeeding Celebration, an event dedicated to honoring and supporting breastfeeding families in our community. The celebration highlighted the importance of breastfeeding for lifelong health, while also providing resources, encouragement, and recognition for parents and caregivers.



**Run for the Brains 5K hosted by Skedaddle, LLC:** Join us on October 18 from 8 a.m. to 12 p.m. at Lodi Lake (1101 W Turner Rd, Lodi, CA). This race will benefit Healings in Motion, which provides local educational programs and services dedicated to supporting brain health.

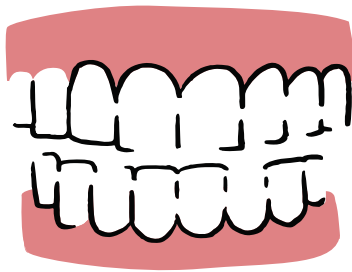
**Binational Health Fair:** Mark your calendars for October 25 and join us at the Binational Health Fair, hosted by San Joaquin Health. This important event will bring together families and community members to access free health resources, screenings and information designed to support wellness.

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# National Dental Hygiene Month

National Dental Hygiene Month is observed every October to celebrate the hard work of dental hygienists and promote the importance of good oral hygiene.



The first dental hygiene school was established in 1913 by Dr. Alfred Fones, who is often referred to as the father of dental hygiene.

Scheduling regular dental check-ups and professional cleanings is important to prevent oral diseases.



Good oral hygiene reduces the risk of gum disease, tooth decay, lung diseases, diabetes, and heart disease.

Flossing is an important part of oral hygiene. People who don't floss can miss cleaning 40% of their mouth!





# National Brush Day

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## History of Brush Day

National Brush Day is celebrated on November 1st. Established by the Partners for Healthy Mouths, Healthy Lives, this day highlights the significance of oral health, particularly after the Halloween festivities when candy consumption peaks. The initiative aims to educate and remind families about the importance of dental care. The overarching goal of this campaign is to minimize the risk of severe oral pain and discomfort.

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## National Brush Day Activity:

- Brush your teeth. Don't forget to dance and sing along!
  - Brush gum line gently and brush all the way to the back of mouth. Brushing should at least be 2 minutes!
  - Make a family brushing competition. Create a chart for your family to track how well everyone is brushing.
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### Brush Brush Brush Song

By The Incredible Ride

Brush brush brush your teeth twice a day.

Toothpaste and flouride helps to fight decay.

All those sweet, sticky foods stick to teeth like glue.

Fresh vegetables and fruits are better snacks for you.

Brush your teeth – c'mon it's fun . . .  
And don't forget to brush each one.

Hey!

Brush brush brush

Brush brush brush

Brush brush brush brush brush

Remember that your toothbrush is yours and yours alone.

You don't need other people's germs –  
you've got plenty of your own!

Brush brush brush

Brush brush brush

Brush your teeth with care:

On the outside, in the inside, front and back and everywhere.

Brush your teeth – c'mon it's fun . . .

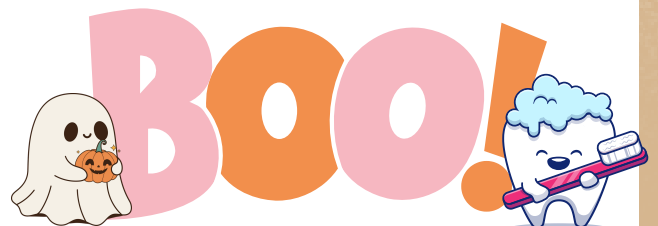
And remember when you're done:

Hey

Brush brush brush

Brush brush brush

Be sure to brush your tongue!



# Healthy Recipes for Healthy Teeth

## Cheesy Spinach Mashed Potato Cups

Makes 3 servings. 3 cup per serving.

Prep time: 5-10 minutes

Cook time: 30minutes

\*Recipe provided by Erin K. Browne

### Ingredients:

- ☐ 9 cup leftover mashed potatoes
- ☐ 6 large eggs
- ☐ 3 package frozen spinach
- ☐ 3 tsp garlic powder
- ☐ 3 tsp salt
- ☐ 1 ½ tsp black pepper
- ☐ 2 ¼ cup shredded cheese of your choice, plus extra for topping

### Preparation:

1. Preheat the oven to 375F.
2. Spray a muffin tin with cooking spray and set aside.
3. Make sure all of the extra water has been drained out of the spinach. Mix all ingredients in a bowl until well combined.
4. Scoop mixture into muffin cups and top with extra cheese.
5. Bake for about 30 minutes or until the sides of the cups turn light brown.



**Note:** Add some extra flavor by tossing red pepper flakes and add your favorite condiments!



# The Importance of Flossing

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## What is Flossing?

Flossing is an essential part of daily oral care that goes beyond what brushing can achieve. Many people are unaware of the significant benefits of flossing in maintaining optimal oral hygiene. While brushing gets most of the spotlight, flossing works behind the scenes, keeping your teeth and gums healthy.



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## Flossing Mistakes to Avoid

Flossing when only food is stuck in between your teeth.

Flossing too quickly or aggressively.

Not flossing regularly

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## Facts About Flossing

- Flossing can prevent gum disease by removing plaque that can lead to inflammation and infection.
- Regular flossing can reduce bad breath by eliminating trapped food particles and bacteria.
- Flossing can save money on dental bills by preventing costly dental procedures.

## Benefits of Flossing

- It can help manage diabetes by controlling gum disease, which can affect blood sugar levels.
- Flossing can enhance mental health by boosting self-esteem and confidence through a healthy smile.



# Oral Cancer Action Month

When we spot mouth cancer early, we allow ourselves a better chance of beating it. Mouth Cancer Action Month promotes “if in doubt, get checked out”. We strongly encourage everybody to be “mouth aware” and know what is going on in their mouth.

## Signs and Symptoms of Mouth Cancer Include:

**Bad breath.**

**Mouth ulcers that don't heal.**

**Weight loss.**

**Lumps and swellings in the mouth, head or neck.**

**Red or white patches in the mouth.**

**Speech problems.**

**A persistent sore throat.**

**Having pain or difficulty swallowing.**

If you notice anything out of the ordinary, make an appointment with your dentist or doctor to get it checked by a professional.

## How To Check your Mouth:

Check your lips: Look closely at both the top and bottom lips for anything unusual such as red or white spots, sores and/or bumps.

Feel your lips: Gently run your fingers along the inside of your lips to see if you notice any lumps or swelling.

Check your tongue: Stick out your tongue and examine the top, sides, and underneath for any changes.



Look at your mouth and throat: Press your tongue down and tilt your head back to see the roof of your mouth. Lay your tongue flat to get a better look.

## Did You Know?

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- Tooth brushing should start once a child's first tooth appears.
- Childhood tooth decay (cavities) is the most common illness in children.
- You'll only grow two sets of teeth in your life (by age 6 adult teeth start to come in).
- Flossing cleans 40% of your tooth surface.
- Your teeth are covered in a protective shield.
- There are more than 300 kinds of bacteria in your mouth.
- Your tongue helps move food off your teeth while you eat, a clean tongue keeps your whole mouth healthy and fresh.



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**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](mailto:SJTEETH@sjcphs.org).

For more program information, visit [www.sjteeth.org](http://www.sjteeth.org)

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