

Floss Daily to Reduce Risks to Your Health

The American Dental Hygienists' Association along with Dr. Wm. Wrigley, Jr. organized an effort to advance oral health and dental hygiene education. Making patients and consumers aware of oral disease prevention and flossing as it relates to a persons' overall health is part of that effort. It should be noted that the ADHA recommends using floss for daily oral care because it reduces the amount of bacteria in your mouth caused by food getting stuck between the teeth and gum line. The fact is many people don't floss as often as necessary, and some may not floss at all.

According to DrugStoreNews.com, Plackers, an oral care products manufacturer, conducted an online survey to find out why Americans don't floss as often as needed. The results from that survey are as follows:

Plackers surveyed 202 adults in which 40% said they didn't floss because they forgot, while 30% said they didn't have floss handy when they needed it. Meanwhile, 49% of those who use flossers said they had a problem with the floss shredding, while 28% experienced floss breakage. According to the ADHA, only 1-in-5 people floss regularly.

What other advantages are gained by flossing regularly, you ask? Well, in addition to the prevention of, well-known oral health diseases such as gingivitis, periodontal disease, or common tooth decay, doctors believe that regular flossing is an important exercise in the prevention of another serious complication—the risk of heart disease. Bacteria in the mouth caused by lack of proper brushing and flossing can enter the bloodstream and cause the arteries to become thick, inflamed, or both. Which is why proper oral hygiene and regular visits to your dentist are highly recommended for preventing and detecting any issues in their early stages.

If you are looking for a way to conveniently incorporate flossing into your daily routine, try purchasing travel sizes of floss designed to fit into your purse, gym bag, and carry-on. This will cover the need of always having floss at your fingertips. For the varying lifestyles and versatile needs of consumers, floss comes in many varieties and brands. So, if you have sensitive teeth, braces or bridges, or on-the-go needs there is floss that's right for you because nothing is more important than your health.

For more information about the benefits of proper oral hygiene please visit our website [client website removed].