

DENTAL HEALTH

'Tis The Season For Holiday Stress:

How To Reduce Stress And Keep Your Teeth And Gums Healthy

(NAPSA)—Three-quarters of American adults report moderate to high stress levels in their everyday lives and that number increases during the holiday season, according to a recent survey conducted by the American Psychological Association. Holiday stress levels may increase from a variety of factors including excessive spending, work and travel schedules, and family responsibilities. Two common stress-coping mechanisms—nighttime teeth grinding and clenching (bruxism) and indulging in sweets—can be detrimental to oral health.

Bruxism, estimated to affect as many as 65 million adults in the U.S., can exert up to 250 pounds of pressure on teeth and may cause irreversible damage, including worn enamel, loss of tooth shape and flattened surface. Many people are unaware that they grind or clench their teeth at night until they need to see a dentist due to tooth soreness.

For those overindulgers, the high sugar content in many holiday sweets can create an environment in the mouth where bacteria may feed and increase acid level production. That may lead to tooth decay, mineral loss and cavities.

Plackers®, a leading brand of consumer oral care products, offers some sensible tips to help maintain healthy teeth and gums during the stressful holiday season.



Knowing how to protect your teeth from stress is especially important during the holiday season.

- Protect teeth against nighttime grinding and clenching with a disposable dental night protector such as Plackers® Grind No More® Dental Night Protector. Available in the oral care aisle at many major retailers, Plackers Grind No More Dental Night Protectors are easy to use, inexpensive, comfortable, require no boiling or molding, and can be used for up to three days—perfect for holiday travel.

- Brush and floss teeth after eating sweets. Plackers® offers an assortment of dental flossers and oral care accessories that meet a variety of individual needs. If you are unable to brush and floss after eating, rinsing with water also helps.

- Maintain a regular sleep, meal, oral hygiene and exercise schedule. Taking care of your entire body will help you deal with stressful situations during the holidays.

For more information on maintaining healthy teeth and gums, visit www.Plackers.com.