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June is Oral Health Month

The Oklahoma Dental Association Urges Parents to Remember Good Oral Habits this Summer

Oklahoma City (June 7, 2018) - Summer is the best time for new adventures and family time. Why not make one of those adventures about you and your family's dental health? The Oklahoma Dental Association (ODA) and the American Dental Association (ADA) are urging Oklahomans to maintain their oral health by visiting an ODA/ADA member dentist.

The ODA/ADA recommends brushing your teeth for two minutes twice a day with fluoride toothpaste and visiting a dentist regularly. Be sure to make your back-to-school dental appointment early to ensure you get a time that works for you and your family.

"Summer schedules can become unpredictable and it's easy to forget about our health. However, it's important to maintain proper dental health care routines year-round," said the 2018-2019 ODA President Dr. Shannon Griffin. "Try using a [brushing calendar](#) and a timer with your children to keep on track with brushing. These can be great tools to use to help protect your teeth during the summertime."

Don't let sugary foods and drinks affect your dental health. Only consume sugary drinks and snacks occasionally and avoid constant snacking. It's important to give your saliva time to naturally wash away leftover food.

If an individual does not have a dental home, one can be found by visiting www.okda.org/dentist and click Find a Dentist. Seven out of ten dentists in the U.S. are members of the ADA. These dentists have voluntarily agreed to abide by the high ethical standards reflected by the *ADA Principles of Ethics and Code of Professional Conduct* as a condition of their membership.

The Oklahoma Dental Association, founded in 1907, has a membership of more than 1,600 dentists. The Association was established to help foster an awareness of the obligation and responsibilities of the dental profession to society, to help advance the art and science of dentistry, and to promote public health and health services in the State of Oklahoma. For more information, visit www.okda.org.

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Editor's Note: If you would like to interview an ODA/ADA member dentist, please contact Tina Evans at 405.848.8873 or e-mail tevens@okda.org.

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