
MEDIA RELEASE

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ONTARIO DENTAL ASSOCIATION: HAVE A HAPPY AND HEALTHY HOLIDAY

Top tips on the best ways to preserve your smile

Toronto, ON – With holiday activities in full swing, the Ontario Dental Association (ODA) is encouraging everyone to stay focused on maintaining good oral health during this hectic time of year.

“We know how busy the holidays can get, and that priorities may shift, but neglecting to brush, floss and eat right can really affect your oral health,” says Dr. Lynn Tomkins, ODA President. “It is at times when we are stressed and overwhelmed while planning for the holidays that your oral health, and your overall health, may be most vulnerable.”

The ODA offers the following tips on how to maintain good oral health during the holidays:

- **Raise a glass – to moderation.** It’s fine to have an occasional alcoholic drink or soda pop at a holiday party or family gathering. But too many of these types of drinks wear away tooth enamel and discolour teeth.
- **Rest and relaxation.** This time of year can be very stressful, and this can affect your oral health. Stress can lead to bruxism (teeth grinding) and may lower your immunity to infections, such as gum disease. Try to manage and reduce stress in your life by eating well, exercising and getting plenty of sleep.
- **Maintain your brushing and flossing routines.** Even during hectic times, it’s important to brush your teeth twice a day and floss once a day -- and again after having sugary treats or beverages.
- **Eat a balanced diet.** When preparing your holiday meals, include foods that are nutritious and beneficial to your health -- greens and winter vegetables are great sources of vitamins A and C. Candies and other sugary treats are a big part of the holidays, but enjoy them in moderation. (And don’t forget to brush!)
- **Be prepared for dental emergencies.** From a chipped tooth to a lost filling, a dental emergency can hamper any celebration. Ask your dentist about after-hours emergency care, or look for emergency dental clinics in your area. Have this information readily available in the unfortunate case you or your guests need it during holiday gatherings.

“The holidays are a time to eat, drink and be merry – but moderation is the key,” says Dr. Tomkins. “Maintaining good oral health habits throughout the year can see you through occasional indulgences during special occasions.”

For more information:

Courtney Sorger
Public Affairs & Communications
416-355-2275

Bonnie Dean
Public Affairs & Communications
416-922-3900 x3314