



TOOTH BE TOLD



SJ TEETH NEWSLETTER

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Welcome to *Tooth Be Told* – March 2023

It is March, meaning it is time for spring! Many families around this time are proactive in refreshing, cleaning, and healthier habits! Don't forget about your dental health in the meantime. This edition of *Tooth Be Told* goes over some good dental care tips for you, along with some fun jokes and virtual reading time with Stella!

March is also Women's History Month, which began in the North Bay in Santa Rosa, California in 1978 with Congress making it an official month of observance in 1987. This month is a commemoration of the study, observance, and celebration of the vital role that women have had in American history. In recognition of women, this edition highlights female pioneers in the dental world and their everlasting impact. Read about it on page 5!

This month also celebrates National Nutrition Month, which celebrates making healthy food choices and developing healthy eating and physical activity. Check page 6 for a delicious recipe from the US Department of Agriculture!



Text **SMILECA** to **31996** to receive healthy dental tips from *Smile, California!*

 **DHCS | Medi-Cal Dental**



Treatment + Education for Everyone on Teeth + Health

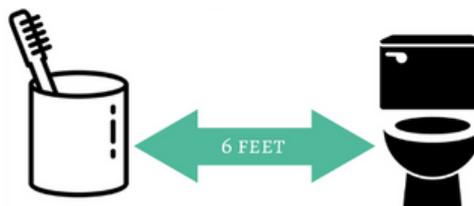
Spring Clean Your Dental Health Routine!

Spring is a popular time to get rid of expired items, most commonly food or old clothes and household items, but don't forget about spring cleaning for your smile! Remember, a healthy mouth means a healthy smile. Below are some tips to keep in mind:



Quick Facts

- Toothpaste often lasts 2 years in a sealed tube. If expired, it is safe to use but won't be as effective and likely may not taste good or have a different texture. Check the expiration date, often located on the end of the tube.
- Mouthwash expires after 2-3 years. It is safe to use after it expires, but may not work as well.
- Floss never expires, but if it is flavored, it typically lasts 1 year.
- Replace your toothbrush or electronic toothbrush heads every 3 months, or the bristles start to fray or wear down. To clean your toothbrush, you can soak it for 5 minutes in a cup of hydrogen peroxide.
- Check that your toothpaste and mouthwash have not expired! Throw them away if they have. This gives you a chance to try new oral health products! See quick facts to the left for more information!
- Clean your toothbrush holder and cover. These items often get ignored and can collect bacteria overtime. Be sure to clean them thoroughly with equal parts of vinegar and water with a sponge.
- Keep your toothbrushes at least 6 feet or more away from the toilet! When flushed, toilets spray small water droplets in the air. These droplets likely contain human waste, which has bacteria and you don't want it to get on your toothbrush.
- Schedule an appointment with your dentist for routine cleaning. Remember, it is recommended to visit your dentist every six months to get rid of plaque and prevent cavities that regular brushing and flossing may not clean well.



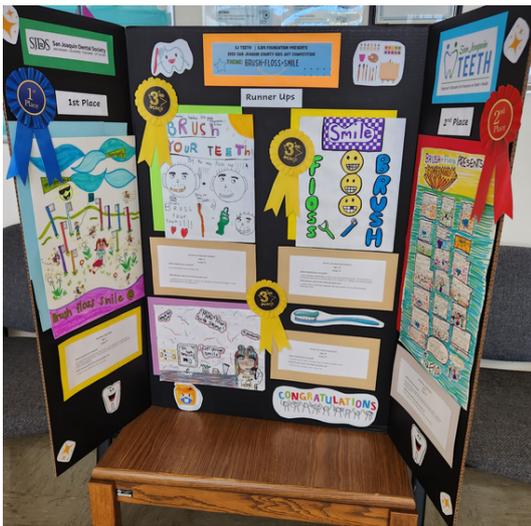
Cleaning out your oral health products will give you the opportunity to get newer items to try out. Over time, they won't clean your teeth as well with regular use.

Make it a habit to check the expiration dates of your products and the status of toothbrushes. Relocate items if needed, renew some products, and maintain those bright, healthy smiles!

2023 Kids Art Competition Winners



San Joaquin Treatment + Education for Everyone on Teeth and Health (SJTEETH) Coalition and the San Joaquin Dental Society Foundation (SJDS) hosted a local art competition in San Joaquin County. The theme was Brush, Floss, Smile in honor of National Children's Dental Health Month in February. Participants were asked to create a poster depicting their interpretation of a healthy dental routine. A total of 84 submissions were received from three schools and 5 winners were chosen. The winners were honored at the SJDS Membership dinner on March 24, where they had dinner and received their prizes. The prizes included a Nintendo Switch with the Mario Deluxe package and Amazon gift cards ranging from \$100-\$300. See the winning posters on page 4!



Winners

- **Grand Prize:**
Kaia White
- **Second Place:**
Aimée Dreux
- **Runner Ups:**
 - Alexander Sandoval
 - Samantha Salvetti
 - Amelia Sanguinetti



(Front) From left to right: Kaia White, Aimée Dreux, Amelia Sanguinetti, Alexander Sandoval, & Samantha Salvetti

(Back): Breanna Williams and Dr. William Marweg

The Winning 2023 Art Competition Posters



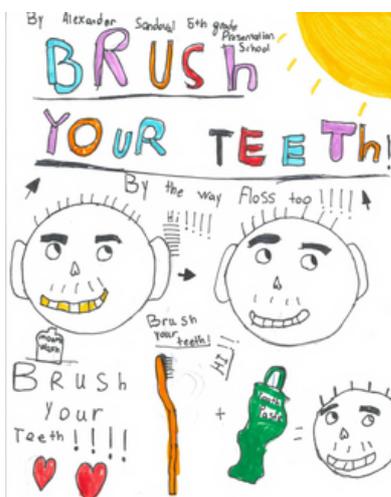
Kaia White



Aimée Dreux



Samantha Salvetti



Alexander Sandoval



Amelia Sanguinetti

Female Dental Pioneers

THE RICH HISTORY OF INFLUENTIAL WOMEN IN DENTISTRY

March is Women's History Month, which highlights the impact of female pioneers who have significantly contributed to American history. Back in the 19th century, women were frowned upon in the workplace, let alone study dentistry or work as a dentist. But, there were many female dentists that helped pave the way for future generations of women to have a dental career. Read below about a few special female dentists and their contributions in the dental industry:



Emeline Roberts Jones was the first ever female that practiced dentistry. She eventually joined her husband's practice in 1855. At the 1893 World's Columbian Dental Congress, she was formally and nationally recognized as the first female dentist.



Ida Gray Rollins was the first female African American dentist to practice and the first woman to have black and white patients in Cincinnati and Chicago. She graduated from the University of Michigan in 1890 being only 1 of 3 women in the graduating class.



Lucy Hobbs Taylor was the first American woman to graduate from dental school and obtain her Doctor of Dental Surgery degree (DDS) from Ohio College of Dental Surgery in 1866. She was very active in campaigning for women's rights.



Minnie Evangeline Jordan was the first female to study pediatric dentistry. She was focused on reducing children's fear of the dentist and providing a compassionate approach towards working with children. She opened a pediatric dentistry practice in 1909.



Toothfully Funny Jokes



- What do dentists call their x-rays? **Tooth-pics.**
- What do dentists do on a rollercoaster? **They brace themselves.**
- What does the dentist of the year get? **A little plaque.**
- What did the dentist see at the North Pole? **A molar bear.**

Stella's Corner

Stella wants to remind you that brushing your teeth twice a day is very important for your dental health! Flossing at least once a day helps remove smaller pieces of food and plaque in between your teeth that your brush can't reach. Stella has a brushing and flossing calendar on page 8 for you to print and use to remind yourself!

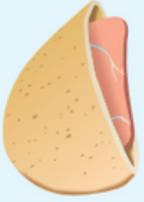


Don't forget, you can always have virtual story time with Stella at the Stockton Library! [Click here to watch it!](#)

****Enjoy this delicious recipe below from the USDA with family and friends!****



Friendship Pocket

<p>1 Pick a Protein Food</p>  <p>Fold a slice of turkey or ham. Put it in the pita pocket.</p>	<p>2 Veggie Time</p>  <p>Tear lettuce or spinach.</p>	<p>3 Greens Are Good</p>  <p>Add greens to pita.</p>	<p>4 Choose a Cheese</p>  <p>Put cheese inside pita.</p>	<p>5 Fruit Is Fun</p>  <p>Eat apples or grapes with your pita pocket. Enjoy your MyPlate meal with friends.</p>
Ingredients				
<p>Grains whole-wheat pita bread</p> 	<p>Protein Foods turkey or ham</p> 	<p>Vegetables lettuce or spinach</p> 	<p>Dairy low-fat yellow or white cheese</p> 	<p>Fruits apple slices or grapes</p> 



SJ TEETH Collaborative Meeting Dates in 2023

MEETINGS HOSTED BY: **FIRST 5 SAN JOAQUIN AND PUBLIC HEALTH SERVICES LOCAL ORAL HEALTH PROGRAM**

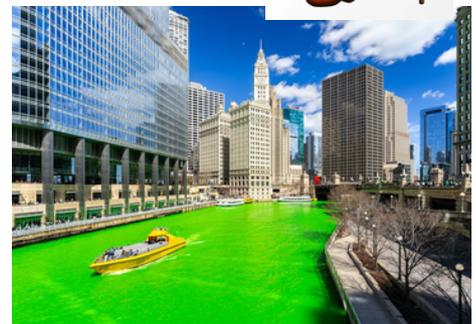
DATE	TIME	LOCATION
Wednesday, May 19	9 AM-10:30AM	Online via ZOOM
Friday, August 18	9 AM-10:30AM	Online via ZOOM
Friday, November 17	9 AM-10:30AM	Online via ZOOM

Note: Meetings via video and subject to change.

FUN FACTS: ST. PATRICK'S DAY

Fun St. Patrick's Day Facts

- The Chicago River in Illinois is dyed green each year to celebrate the holiday.
- Corned beef and cabbage and shepherd's pie are popular Irish dishes enjoyed by families.
- Be sure to wear green or risk getting pinched! Legend says that if you wear green, you are invisible to leprechaun's and it is supposed to bring you luck.
- The shamrock is the Ireland symbol and is often with three leaves, but considered extra luck if you find one with four!



And remember, your smile is worth more than a pot of gold!

** FOLLOW US ON SOCIAL MEDIA!**



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.

For more program information, visit www.sjteeth.org or www.sjcphs.org/healthed/Oral_Health.

