

# *Flossuary*

**28**  
**DAY**  
challenge

clean between  
**YOUR**  
**TEETH**  
**THIS FEBRUARY**



**BECAUSE A HEALTHY SMILE MEANS  
MORE THAN YOU THINK!**

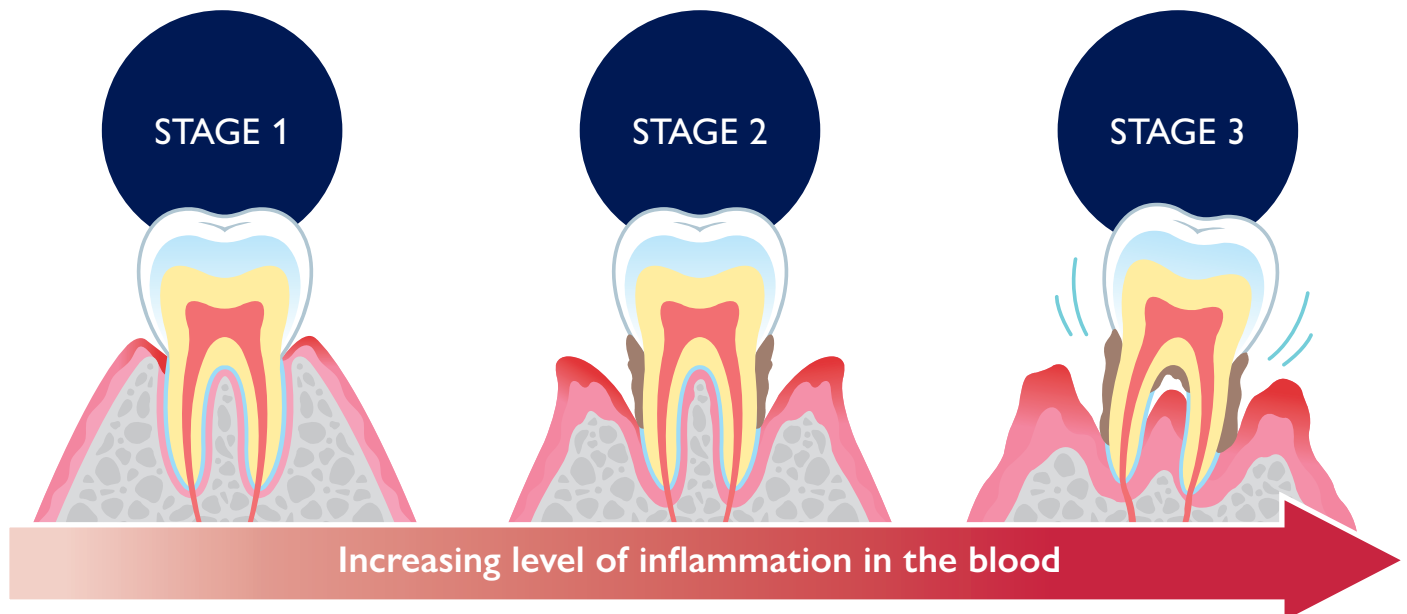
Reduce your risk of **tooth loss**, **diabetes**, **heart disease** and **stroke**

Find out more at [flossuary.com](https://flossuary.com)

# WHAT'S GUM DISEASE GOT TO DO WITH DIABETES AND HEART DISEASE?

Everyone gets plaque on their teeth. This soft, sticky substance contains bacteria. If plaque builds up, bacteria can trigger our immune system to launch an inflammatory response. Research has shown that these higher levels of inflammation in our blood **can affect our whole body**, not just our mouths!

So how does this happen?



1. Gums become inflamed (gingivitis).

2. Gums can detach from the tooth and small pockets develop that allow bacteria to build up.

3. The bone that forms the tooth socket recedes and teeth can become loose, leading to tooth loss (periodontitis).

## Preventing periodontal disease lowers the risk of developing type 2 diabetes

If you have or develop periodontitis, you have higher glucose levels in your blood. This puts you at higher risk of developing type 2 diabetes.

If you have already been diagnosed with diabetes you are at higher risk of developing periodontitis. If you do, you are more likely to develop diabetic complications such as heart, eye and kidney problems (due to the higher glucose levels in your blood). The presence of periodontal disease makes your diabetes harder to control (and vice versa).

Treatment and control of periodontal disease has been shown to **improve the health** of patients with diabetes.

## There is evidence linking periodontal disease with heart disease and stroke

Bacteria involved in periodontal disease trigger our immune system leading to higher levels of inflammatory cells in our blood. This can affect our arteries in other parts of the body and increase our risk of cardiovascular disease.

### You may have gum disease if you notice:

- Bleeding when you clean your teeth
- Red/inflamed gums
- Loose teeth
- Teeth drifting or moving position
- Bad/metallic taste even after you've brushed

The best advice is to seek professional dental care.

# HOME CARE IS A BIG PART OF THE TREATMENT AND PREVENTION OF GUM DISEASE

There are many different interdental tools that can be used to remove plaque and food particles from places where a toothbrush cannot easily reach (under the gum line and between your teeth). Daily cleaning between teeth is recommended because a build-up of plaque can lead to gum disease, tooth loss and has also been linked to other serious conditions.

## Tips to prevent gum problems:

- Brush teeth for 2 minutes, twice a day (preferably with an electric toothbrush)
- Clean between your teeth every day
- Get help to quit smoking
- Try to reduce stress levels

## CLEANING TECHNIQUES

### Floss



Slide floss between teeth and gently push it down below the gum as far as you can comfortably go. Don't worry if gums bleed.



Push floss against the side of the tooth and move up and down. Then pull it against the other tooth and move up and down.



The technique is the same with a piece of floss or a floss holder. You can use a piece of floss wound around your fingers.



Some people find tying the floss in a loop makes it easier to hold.

### Interdental Brushes



For larger spaces, interdental brushes may be better. Insert brush keeping it close to the gum and move back and forth a few times.



When using brushes further back it sometimes helps to bend them.

### Interdental Sticks



Some people find interdental sticks easier to use. Gently insert between teeth (close to the gum) and move back and forth a few times.



Many variations of interdental sticks, brushes and floss are available.

YOU CAN VIEW OUR INSTRUCTION VIDEOS ON  
WHAT TO USE AND HOW AT [FLOSSUARY.COM](https://flossuary.com)



## HAVING PROBLEMS?

PROBLEM	SOLUTION
Floss getting stuck and/or shredding...	Try dental 'tape'. Dental tape is always flat (regardless of brand). Some dental flosses are flat too, but some are rounded like a rope and these tend to get stuck more easily. Try to buy a waxed dental tape, it will slide between the teeth more easily.
I can't reach the back teeth...	<p>Ensure you have good lighting, use a mirror and wear glasses if you need them.</p> <p>If flossing, try a floss holder-these mean you don't have to fit your fingers in your mouth!</p> <p>If using interdental brushes, try closing your teeth together slightly (this gives you more space inside your cheek). You can also try bending the brush at a 90 degree angle (as shown on instruction sheet) and putting the little cap on the end to give you a longer handle.</p>
The interdental brushes keep bending	<p>You may be using the wrong size. Brushes should fit firmly between teeth but if they're too big they will bend.</p> <p>Don't be too heavy handed with them, don't try to force them if they feel like they won't go in, instead, try changing the angle. Ensure you have a mirror and good light! Some brands have stronger wire than others! Or try interdental sticks which are sometimes more flexible.</p>
My gums bleed and/or are sore when I clean between my teeth...	It may not look very nice and if your gums are very inflamed it can look like A LOT of blood! By persevering with interdental cleaning the inflammation will soon subside and you will notice the bleeding will get less and less! Ignore bleeding and continue cleaning between your teeth once every day, you will soon notice the difference!

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