

HEALTHY *and* WISE



Practical tips courtesy of



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Dental & Oral Health:

4 Spring Tips for a Healthy Mouth



Doing some spring cleaning? While you're busy beating rugs, cleaning curtains and organizing cabinets, don't forget to check your bathroom counter! Add these four items to your checklist and include dental hygiene in your battle plan.

1. Replace old or worn toothbrushes

Get in the habit of changing your toothbrush every three months. The ability of a toothbrush to

reach small crevices decreases as its bristles wear down. Bacterial and viral infections are another reason to switch out an old toothbrush for a new one. Infectious agents can thrive among the bristles, with the potential to reinfect you, so make sure to toss your toothbrush after every cold.

2. Check the expiration date on your mouthwash

Most mouthwash has a shelf life that should be indicated on the bottle. Using mouthwash past the expiration date can affect not only its taste but also its effectiveness, so double check that yours is still good to go.

3. Replenish your floss supply

The recommended length of floss is 18 inches per flossing session. With a daily flossing schedule, that adds up to roughly 45 feet of floss a month! Stock up to avoid running out.

4. Schedule a dentist appointment

With cleanings recommended every six months, regular visits to the dentist should already be a part of your schedule. If you've been skimping on these visits, or a new problem has popped up, call your dental office to set up an appointment. Spring and fall are excellent times to book cleanings, as these seasons may be the least likely to conflict with potential vacation plans.

The previous information is provided as a courtesy of Delta Dental.

Vision Health:

Five Ways to Minimize Spring Allergies



This spring may be extra irritating for allergy sufferers, according to the U.S. Centers for Disease Control (CDC).

After a long, wet and cold winter,

spring's pollen counts may be higher than usual. Unfortunately, more than 40 million Americans who struggle with seasonal allergies could find their eyes are redder, itchier and more watery than normal.

Even those who have never had spring allergies before may be dealing with runny noses and itchy eyes. Allergy medicine, from over-the-counter products to prescription drugs, can offer relief.

Here are five other steps you can take to minimize the misery of spring allergies:

1. Wear sunglasses or eyeglasses whenever possible to protect your eyes from pollen.

2. Keep windows at home and in the car closed so pollen doesn't blow in.

3. Remove your jacket, hat and shoes as soon as you enter the house to avoid tracking pollen inside. Also, don't hang laundry outside to dry.

4. Shower before bed to remove pollen from skin and hair.

5. Monitor the pollen count each day (either online or through your local weather forecast). Try to spend less time outside when those counts are very high.

The previous information is provided as a courtesy of the American Academy of Ophthalmology.