

HARRISBURG, Pa., Sept. 29, 2015 /[PRNewswire](#)/ -- During National Dental Hygiene Month in October, United Concordia Dental reminds members of all ages to maintain a daily dental care regimen and visit the dentist regularly to prevent oral health problems.

"As our research has shown, a healthy mouth can contribute to improved overall health," said James Bramson, D.D.S., chief dental officer. "Everyone should brush and floss each day to prevent cavities. It's also important to visit your dentist regularly for checkups and cleanings so problems can be detected early and treated promptly."

It's not just mature adult teeth that need daily care. Parents should pay attention to their children's growing teeth and their infant's gums to avoid dental problems down the line. Avoid giving kids juice at bedtime, especially in sippy cups, because sugars can wreak havoc on teeth and gums as they sleep. For infants, dentists recommend wiping a baby's gums with a wet cloth after feedings and bringing them into the office for a visit as early as one year of age.

This month is a great time to get the whole family into a regular dental care regimen at home, including improved nutrition. Dr. Bramson recommends that patients monitor their sugar intake; not only for the overall health benefits, but for the toll it can take on your teeth.

"With sweet beverages like sodas, sugar mixes with bacteria in your mouth to produce acid, which can break down your tooth enamel. When you and your children enjoy the occasional sugary beverage, do so in moderation and be sure to brush right away to prevent permanent damage such as tooth decay," said Dr. Bramson.

To help children understand the importance of proper dental hygiene, United Concordia has a mobile app, [Chomper Chums®](#), which teaches kids about proper brushing, flossing and rinsing techniques.

For more information about oral hygiene, visit United Concordia's [Dental Health Center](#). You can download the Chomper Chums app through [iTunes](#) or [Google Play](#).

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