

HARRISBURG, Pa., Oct. 9, 2018 – It's been more than 150 years since the American Civil War, but even then, soldiers wearing both blue and gray understood the importance of proper dental hygiene.

Wayne Motts, CEO of The National Civil War Museum, explains that Civil War soldiers needed strong teeth to tear open rifle-musket cartridges to retrieve their gunpowder. In a video on the museum's Facebook page, Motts describes dental care during the Civil War. He also displays some of the instruments that Army dentists used. See more at <https://www.facebook.com/The-National-Civil-War-Museum-13037974293/>

And while both treatments and instruments have changed a lot over the years, the underlying message remains equally true today: Healthy mouths lead to healthy bodies.

United Concordia Dental is a major sponsor of the museum, and during National Dental Hygiene Month, the company offers a friendly reminder that while you're striving to be as healthy as you can, it's important to remember your teeth.

"Good oral hygiene is the key to preventing tooth decay and gum disease," says Dr. Quinn Dufurrena, D.D.S., J.D., United Concordia's chief dental officer. "And a big part of good dental care is making sure you're using the right equipment."

Here are few tips to keep in mind:

- Find a toothbrush that fits your mouth comfortably. The American Dental Association recommends using a soft-bristled toothbrush, as hard bristles can damage your teeth and gums.
- Change your toothbrush every three or four months, and definitely if you've been sick. Set an alert on your phone to remind you when it's time for a new toothbrush.
- Make sure you clean between your teeth. Flossing helps you reach areas your toothbrush can't reach, such as below your gum line. Use enough floss to make sure you're always using a clean section.
- Drink plenty of water. Staying hydrated is one of your body's most reliable defenses against tooth decay and gum disease. Dry mouths breed harmful bacteria.

You can learn more about the basics of oral hygiene by visiting United Concordia's Dental Health Center at <http://www.unitedconcordia.com/>

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<https://news.unitedconcordia.com/united-concordia-dental-shares-helpful-oral-care-tips-during-national-dental-hygiene-month>