

Coles Health and Beauty – Summer Issue

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YOURSELF**

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beauty that
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**SALLY
PEARSON**

THE GOLD MEDALLIST ON THE JOYS
AND CHALLENGES OF BEING A MUM

GETTING STARTED

I LIKE YOUR smile

BRUSH UP ON YOUR DENTAL HEALTH WITH THESE IMPORTANT THINGS YOU SHOULD KNOW ABOUT KEEPING YOUR TEETH AND GUMS IN TOP CONDITION.

GOOD ORAL HEALTH AFFECTS MORE THAN YOUR TEETH

There's a strong connection between oral wellbeing and your overall health, says Dr Lewis Ehrlich, a dentist at Sydney Holistic Dental Centre. Gum disease (also known as periodontitis) can increase your risk of conditions like heart disease and diabetes. "There have also been links between gum disease and Alzheimer's, premature births, cancer, arthritis and stroke," he says. "The common denominator in all those conditions is inflammation and your gums can be a common site of inflammation."

WATER IS GOOD FOR YOUR SMILE

"Clean water is the best drink for oral health," says Dr Ehrlich. "It neutralises acids in your mouth, which reduces your risk of erosion and tooth decay." Other top choices are foods high in omega-3s, vitamins C and D, antioxidants and fibre, which have all been shown to decrease gum inflammation.

It's also best to limit the amount of soft drinks, fruit juices and alcoholic beverages you consume.

FLUORIDE IS ESSENTIAL FOR STRONG TEETH

In Australia, water fluoridation has been common since the early 1970s, and this mineral is also found in many types of toothpaste.

Dr Ehrlich says it has two benefits: "Firstly, it helps increase the speed of the tooth's natural repair process called remineralisation. Secondly, it makes teeth more resistant to acid and decay."

In fact, since water fluoridation began in this country, tooth decay has dropped by about half*.

'NATURALS' IS THE NEW WAVE OF DENTAL CARE

"Natural toothpastes are nice because they use ingredients that are often very effective, easy on the gums, teeth and cheeks, but also don't impact the environment," says Dr Ehrlich, who is also an ambassador for Aussie dental brand Grants. "Sometimes certain chemicals and microplastics in toothpaste can get into the environment. However, your toothpaste should be prescribed to you based on your individual needs."

BOOK YOUR NEXT CHECK-UP

If you hit pause on visiting the dentist due to COVID-19, Dr Ehrlich says it's

perfectly safe to make an appointment. "From temperature checks, contact tracing and sterilisation procedures between each patient, people should feel confident they are safe." >



GETTING STARTED

THE DAILY GRIND

Tooth-grinding is a common problem among many people and stress can worsen it, says Dr Ehrlich. While meditation and exercise may help, he also notes that the issue could run deeper. "If you aren't breathing well while you sleep, you're more likely to clench and grind." Speak to your dentist about the issue so you can get the right treatment plan.



HOW TO START

Get motivated

"Understanding why it's important to practise oral care at home is the best way to maintain motivation. You can reduce your risk of so many illnesses by having a consistent oral-care routine. Always keep that in mind before you skip the floss," says Dr Ehrlich.

Make it fun

Dr Ehrlich admits that even he finds brushing and flossing a little boring. His trick? "I put on some music or a podcast while I'm doing it. Most people don't maintain their oral-health routine because they get bored while doing it."

Brush up

Brush your teeth twice daily, working systematically around the mouth. Make sure you brush all sides of your teeth using small circular movements. Ask your dentist to show you the correct technique, if you're not sure.

Floss right

Flossing should be done once a day. "Remember to take the floss gently beneath the gums, not just between the teeth," says Dr Ehrlich. 🦷

DENTAL ESSENTIALS

Keep these in your bathroom cabinet to maintain a bright, healthy smile.



Colgate Plax Bamboo, Charcoal & Mint Mouthwash



Oral-B Essential Floss



Colgate Optic White Overnight Teeth Whitening Treatment Pen



Grants of Australia Soft Bamboo Toothbrush