

WORKING ON THAT CONFIDENT SMILE

Oral hygiene is an integral part of a person's overall health and well-being. While good oral care has been known to minimise the risks of heart disease, the state of one's teeth and gums is also a reflection of the overall standard of hygiene. Physical appearance and grooming are key factors in shaping others' impressions of you, more so in roles requiring frequent face-to-face interaction with clients and business partners. Whether or not it is openly conveyed, a confident smile and the ability to speak properly are among the attributes employers often take note when considering an applicant.

There are ways to make consistent oral care more achievable even while you are busy juggling the demands of work.

Quality Cleaning

The most basic step in oral care, a good tooth brushing routine can reduce unplanned visits to the dentist and time off work. While frequency is important, what is more crucial is adopting the right tooth brushing technique that can successfully remove plaque build-up and massage your gums to prevent tooth decay and gingivitis respectively. A clean tongue is also one of the most effective solutions for bad breath. In the absence of a tongue cleaner, a toothbrush works just as well on the tongue.

Snack Right

It is essential to know how the type of food you consume can affect oral hygiene. Teeth can be better protected from decay by replacing sweet and sticky snacks with fruits and vegetables. Not only will this habit help maintain your waistline, the fruit and vegetable fibres also act as a natural brush, removing plaque from your teeth while you chew.

Be Stain-free

Many professionals fail to function without their regular source of



caffeine. But while doing so, be aware that the tannins present in tea and coffee will stain teeth, more vividly over a period of time (as is the case with smoking). To combat teeth stains while still enjoying your caffeine fix, be sure to follow up with a cup of water. The swishing action of water helps "loosen" the grip stains have on your teeth.

Survival Kit

An oral hygiene kit in the office will serve well as a reminder to pay your teeth some attention during the day. Have in it a toothbrush, toothpaste, dental floss and mouth rinse. For those who do not already have post-lunch brushing as part of their routine, you will find having the kit handy for ridding pieces of food stuck between teeth and the mouth rinse extremely useful as a quick fix for fresher breath.

While these daily steps are necessary for oral health, they ought to be supplemented by regular screenings by a dental professional.

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