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Don't Toss The Floss

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Background

- * Oral Health
 - * Misconception
 - * ADA definition
 - * Outcomes
- * Flossing
 - * Omitted from 2015 Dietary Guidelines for Americans
 - * 41% of Americans floss at least once a day
 - * 20% never floss
- * Socioeconomic status & general health

Methods

- * Secondary data

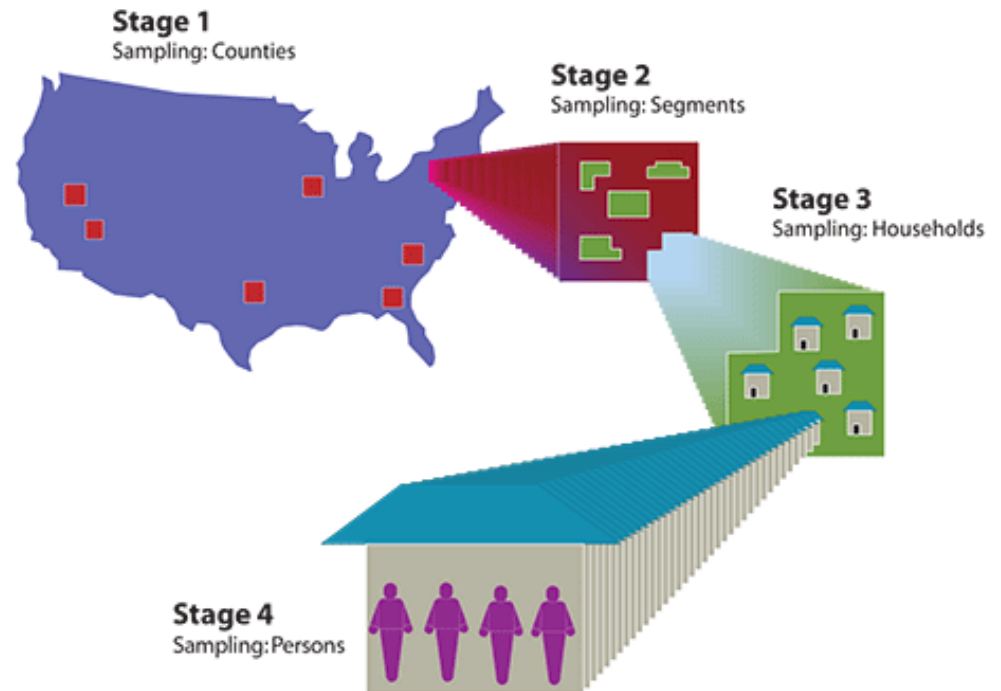
- * NHANES

- * Cross-sectional

- * Interviews

- * Examinations

- * Laboratory Tests



Results

- * p-value <0.05
 - * Family income, under \$20,000
 - * Stroke
 - * Heart Attack
- * p-value >0.05
 - * Decayed Teeth
 - * Gum Disease

Discussion

- * Dental professionals
 - * Periodontal disease
 - * Caries
 - * Plaque
- * Financial drains on healthcare resources
- * Oral health conditions

Conclusion



Use about 18" of floss, leaving an inch or two to work with.



Gently follow the curves of your teeth.



Be sure to clean beneath the gumline, but avoid snapping the floss on the gums.

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