



## Healthy Teeth, Healthy You

Most dental problems can be prevented with regular oral hygiene — and it only takes a few minutes a day, along with regular checkups.

**1. Brush teeth 2 to 3 minutes twice a day.** Include gently brushing along the gum line. Replace your brush once the bristles show wear.

**2. Floss thoroughly** at least once a day to remove plaque and any particles between teeth that your toothbrush misses.



**3. Choose dental health tools** that most effectively clean your teeth and gums — toothpaste, regular or power toothbrushes, floss, flossing picks and oral irrigators; your dentist can advise you about these items.

**4. Use fluoridated toothpastes and mouth rinses** to help strengthen tooth enamel, especially if you smoke or favor high-acid drinks.

**Infection warning signs include:** sore, bleeding gums, despite good home care; red gums; and loose teeth.

## Q: What is night eating syndrome?

**A:** In night eating syndrome (NES), individuals consume 25% or more of their daily calories in the evening before bed or during regular nighttime awakenings (twice weekly or more). People with this condition are often not hungry in the morning and may even delay lunch. One theory proposes that low levels of certain hormones create a mismatch between the cycles for sleep and food intake; however, research is still ongoing.

Some people are more likely to have NES than others. People with obesity, sleep apnea, insomnia, anxiety, depression and restless leg syndrome are at higher risk. Over time, NES can sometimes cause unhealthy weight gain.

Fortunately, some interventions do seem to help relieve this condition. Artificial light therapy, cognitive-behavioral therapy, exercise, education about NES and medication (SSRIs) all appear helpful, either alone or in combination. Your health care provider can guide you through treatment options.



