

## Teens and oral health

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### Websites

#### **Healthy Mouth: Healthy Habits** – American Dental Association

This site is geared towards teenagers and available in English and Spanish. There are four main links. *Health Habits* explores brushing flossing, sealants and mouth guards as well as the effects of drugs. *Concerns* focuses on drug use, braces, and wisdom teeth to name a few. There is a one question quiz and a link for *Nutrition*.

<http://www.mouthhealthy.org/en/Teens/>

#### **Teens: Watch your mouth!** – Delta Dental

This site is geared towards parents and teenagers and available only in English. This site has multiple links concerning children and teens' oral health. The topics range from candy and cavities directed towards children and oral piercing and teeth whitening directed towards teens.

[https://www.deltadentalins.com/oral\\_health/toc-kids.html](https://www.deltadentalins.com/oral_health/toc-kids.html)

#### **All about Orthodontia** – KidsHealth.Org

This site is geared towards parents, their young children and teens. It is also available in audio and Spanish. Under the teen portion of the site, the main article is about braces; what they are and caring for them. At the bottom of the page are several links to other articles for taking care of braces, gum disease and other mouth

problems. [http://kidshealth.org/teen/your\\_body/medical\\_care/braces.html?tracking=T\\_RelatedArticle](http://kidshealth.org/teen/your_body/medical_care/braces.html?tracking=T_RelatedArticle)

#### **Mouthguards in Sports: A Necessary Piece of Equipment** – Nationwide Children's Hospital

This is an article available only in English and geared towards parents and teens. The article explains types of mouth injuries and how to prevent them; by using a mouth guard. It goes on to give descriptions of types of mouth guards and provides a resource for treating sports related dental injuries.

<http://www.nationwidechildrens.org/mouth-guards-in-sports-a-necessary-piece-of-equipment>

#### **Treatment of the Avulsed Permanent Tooth** – SportsDentistry.com

This site is geared towards dentists and available only in English. It details how dentist should care for before and after treatment and avulsed tooth. <http://www.sportsdentistry.com/avulsed.html>

#### **Dear Doctor Dentistry and Oral Health** – Dear Doctor

This site is geared toward parents and teens and available only in English. It is an online magazine with multiple articles about oral health. The topics range from health implications of chewing tobacco to dental injuries. <http://www.deardocor.com/library/50934/?issue=issue11&startid=28>

#### **Gum Disease in Children** – American Academy of Periodontology

This site is geared towards parents and teens and available in over 50 languages including Spanish, German, Arabic, Vietnamese and several others. There are several articles focusing on gum disease in different age and gender populations. The articles focus on risk factors, prevention and treatment.

<https://www.perio.org/consumer/children.htm>

### **Caring for Teeth > Teens' Teeth** – British Dental Foundation

This site is geared towards parents and teens and available in several different languages including Spanish, French and Arabic. There are multiple links for dental health. This specific article focuses on general teen dental health. <https://www.dentalhealth.org/tell-me-about/topic/caring-for-teeth/teens-teeth>

### **Mouth Jewelry, Oral Piercings and Your Health** - Cleveland Clinic

This page is geared towards teens and available only in English. It focuses on oral piercings, management of and the complications it can have on one's oral health.

[https://my.clevelandclinic.org/health/treatments\\_and\\_procedures/hic\\_Dental\\_Check-up/hic\\_Mouth\\_Jewelry\\_Oral\\_Piercings\\_and\\_Your\\_Health](https://my.clevelandclinic.org/health/treatments_and_procedures/hic_Dental_Check-up/hic_Mouth_Jewelry_Oral_Piercings_and_Your_Health)

### **Animated Teeth** – Animated-teeth.com

This site is geared towards parents and teens and available only in English. It provides links to other websites about dental procedures, teeth whitening, oral surgery, braces, dental insurance and the like.

<http://www.animated-teeth.com/>

### **Oral Health – Teens** – Halton Region Health Council

This site is geared towards parents and teens and available only in English. It provides information about oral piercings, bad breathe, mouth guards and the like.

<http://www.halton.ca/cms/One.aspx?pageId=112167>

### **Do You Need a Mouth Guard?** – American Dental Association

This one page article is geared towards parents and teens and available only in English. The article explains the reasons for a mouth guard, how to choose one and how to care for it.

[http://www.ada.org/~media/ADA/Science%20and%20Research/Files/patient\\_07.ashx](http://www.ada.org/~media/ADA/Science%20and%20Research/Files/patient_07.ashx)

### **The Importance of Using Mouth Guards** – American Dental Association

This one page article is geared towards parents and teens and available only in English. The article explains the reasons for a mouth guard, how to choose one and how to care for it.

[http://www.ada.org/~media/ADA/Science%20and%20Research/Files/patient\\_40.ashx](http://www.ada.org/~media/ADA/Science%20and%20Research/Files/patient_40.ashx)

### **Your Teen's Health** - Delta Dental

This link leads to a brochure geared towards parents and teens and available only in English. It touches on oral piercings, soda, mouth guards and eating disorders to name a few. It also delves into how to properly care for your mouth and provides a link back to the delta dental website.

[http://www.deltadentalid.com/files/DeltaDental0409\\_Your-Teens-Health.pdf](http://www.deltadentalid.com/files/DeltaDental0409_Your-Teens-Health.pdf)

### **Tackling Teen Dental Health: A Message for Parents** – DeDental

This link leads to a two page article geared towards parents and teens. It is available only in English. It addresses eating disorders, teeth whitening, mouth guards and tips for healthy teeth.

[http://www.decare.com/cm\\_files/pdf/100214\\_TacklingTeenDentalHealth\\_DeCare.pdf](http://www.decare.com/cm_files/pdf/100214_TacklingTeenDentalHealth_DeCare.pdf)