



Looking after your teeth and gums

Looking after your teeth is a lifelong commitment. Keeping your teeth, gums and mouth healthy can prevent disease and infection. The following tips will help keep your teeth in tip-top condition:

- ▶ **Brush at least twice a day.** The best time to brush your teeth is after meals. Choose a toothbrush with a small head for better access to back teeth and soft bristles which are kinder on your gums. Remember to brush at a 45 degree angle, starting from the back and systematically working through all of your teeth. Brushing should take 2-3 minutes.
- ▶ **Use fluoridated toothpaste.** Fluoride helps harden tooth enamel and reduces your risk of decay.
- ▶ **Floss your teeth daily.** Nearly half the surface area of your teeth lies between them, so daily flossing is vital to ensure you clean the whole tooth. If unsure, ask your dentist about flossing technique.
- ▶ **Protect your teeth from injury.** Wear a mouth guard or full-face helmet when playing sports.
- ▶ **Limit acidic drinks like soft drinks, cordials and fruit juices.** Food acids soften tooth material and dissolve the minerals in tooth enamel, causing holes (cavities or caries).
- ▶ **Avoid using your teeth for anything other than chewing food.** If you use them to crack nuts, remove bottle tops or rip open packaging, you risk chipping or breaking your teeth.
- ▶ **See your dentist for regular check-ups.** You should also visit your dentist if you have a dental problem such as a toothache or bleeding gums.

Apple and blueberry baked oatmeal

This breakfast is packed with protein and soluble fibre to energise you, keep you regular, lower cholesterol and fill you up for hours.

Serves 4

Ingredients:

- ▶ 1 cup rolled oats
- ▶ 2 tablespoons chia seeds
- ▶ 250 ml (1 cup) rice milk (or your favourite milk)
- ▶ ¼ teaspoon sea salt
- ▶ 1 apple, grated
- ▶ ½ teaspoon ground cinnamon
- ▶ ½ teaspoon nutmeg
- ▶ 1 teaspoon vanilla bean paste
- ▶ 1 teaspoon baking powder
- ▶ ½ cup blueberries + extra for garnish
- ▶ 1 ¼ cup chopped walnuts (optional)
- ▶ 1 tablespoon Greek yoghurt (optional)

Method:

Combine oats, chia seeds, rice milk and sea salt into a bowl.

Cover and place in the fridge overnight.

Preheat oven to 170 c fan-forced.

Remove soaked oatmeal from the fridge and add grated apple, cinnamon, nutmeg, vanilla and baking powder

Fold through blueberries.

Divide between two ovenproof bowls or place in one large dish.

Garnish with a sprinkle of walnuts and scatter with a few extra blueberries.

Bake for 30 minutes or until cooked through.

Remove from the oven and serve with a dollop of Greek style yoghurt.



Do you need a digital detox?

What is the first thing you do when you wake up? Read the news? Check your emails? Scroll through social media? Now, imagine your phone is not in the room. If that makes you feel aimless or uncomfortable, it may be time for a digital detox. This doesn't mean giving up technology altogether, but rather understanding if it's negatively affecting your life (work, education, personal relationships) and learn to build a healthier relationship with it.



Here are some tips to help you detox:

Turn off push notifications. Getting constant updates on what is happening in the world is informative, but it can also be distracting and overwhelming. Disabling the notifications that pop-up with every email and alert reduces the sense that you're being bombarded and have to attend to it immediately.

Put away your phone during meals. Research shows that, even if we are not checking our phone, simply having it on the table during a conversation can reduce the quality of the interaction. Our brains are just waiting for it to light up, and as a result, we are not fully present.

Designate tech-free hours. Many of us feel "naked" when we are without our devices, but taking breaks from technology can do wonders for our well-being. Start by designating a certain time each day to being tech-free.

Make your bedroom a no-tech zone. Most people use their phone for an alarm clock, but when you reach for your phone to switch it off, it's easy to start scrolling through social media. It is best if you can leave your phone outside the bedroom at night and invest in alarm clock.

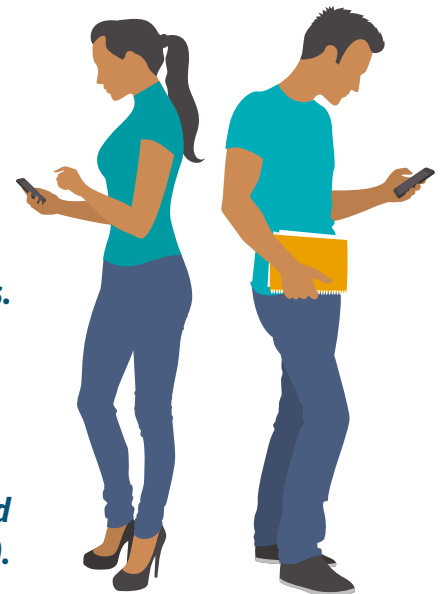
Spring clean your social media accounts. Facebook and Instagram help us to connect with people, but research shows that the more time we spend on social media, the worse we feel. That's not surprising, given the fact that we see only a heavily curated version of friends' and celebrities' lives, which can be toxic for our self-esteem.

Give yourself an allowance. Give yourself a maximum daily allowance time for using your devices. By restricting the time you spend using technology, you can focus more on the "real world" and spending time with the important people in your life.

Find a detox buddy. Things are always easier when you team up with someone, so why not pair up with a 'detox buddy'? With this support, you can discuss your progress, encourage each other to keep going and spend time together face-to-face rather than messaging through a screen.

Internet addiction

- ▶ **Melbourne software company Bugbean reports Australian men unlock their phones more than anyone in the world - on average 45 to 46 times a day, while for Australian women it is around 42 times.**
- ▶ **Amazon's Alexa reports Australia's population spends an average of 7 hours per day online.**
- ▶ **The 2018 Sensis Yellow Social Media report states 15% of Australians feel anxious when unable to access social media and this number is significantly higher among 18-29 year olds (37%).**



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