

# 101 Dental Newsletter Topic Ideas



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| 01. Avulsed tooth                                | 27. Migraines and TMJ                         |
| 02. Supernumerary teeth                          | 28. Your child's first dental visit           |
| 03. Dry mouth                                    | 29. When to start brushing your child's teeth |
| 04. Halitosis                                    | 30. What are milk teeth?                      |
| 05. Choosing a toothpaste                        | 31. Is fluoride safe?                         |
| 06. Caring for your dentures                     | 32. Bottled water or tap?                     |
| 07. Invisalign                                   | 33. What different tooth sensitivities mean   |
| 08. Fluoride varnish                             | 34. Smile rehabilitation                      |
| 09. Causes of tooth stain                        | 35. Premedicating for dental procedures       |
| 10. Same-day crowns                              | 36. Sinus congestion and toothaches           |
| 11. Implant bridges                              | 37. Why do we need crowns?                    |
| 12. Implant crowns                               | 38. Crown lengthening                         |
| 13. Implant supported dentures                   | 39. Ways to replace a missing tooth           |
| 14. Scaling and root planing                     | 40. Inlays and onlays                         |
| 15. Mouth rinse                                  | 41. How often should x-rays be taken?         |
| 16. Water flossing                               | 42. Does a root canal hurt?                   |
| 17. Oral cancer                                  | 43. Which type of whitening should I choose?  |
| 18. Perio screening                              | 44. Risks associated with crooked teeth       |
| 19. Can root canals be retreated?                | 45. My parents lost their teeth early         |
| 20. Types of veneers                             | 46. Alternatives to flossing                  |
| 21. Matching crowns to your smile                | 47. Overcoming fear of the dentist            |
| 22. Handling fractured teeth                     | 48. Cleaning your tongue                      |
| 23. Is baking soda safe for your teeth?          | 49. Acid reflux and teeth                     |
| 24. Dangerous drinks                             | 50. Is it time for dentures?                  |
| 25. Diseases your dentist can find in your mouth | 51. Laser decay detection (diagnodent)        |
| 26. Herbs that improve gum health                | 52. Gagging                                   |



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|---|---|
| 53. When to replace fillings                    | 79. 3 Benefits of digital x-rays                    |
| 54. Pain relief at home                         | 80. What are wisdom teeth and do I need them?       |
| 55. Xylitol benefits                            | 81. 4 reasons why you should                        |
| 56. Tooth trauma: years later                   | choose tooth colored fillings                       |
| 57. Essential oil use for gum health            | 82. The anatomy of a tooth                          |
| 58. Eating disorders and your teeth             | 83. How to prevent cavities                         |
| 59. Asthma meds and your teeth                  | 84. Proper brushing techniques                      |
| 60. Anticoagulants and your mouth               | 85. Cold sore - what is it and how do you treat it? |
| 61. Diabetes and your smile                     | 86. What are veneers?                               |
| 62. Causes of tooth mobility                    | 87. A whiter smile can transform your life          |
| 63. Sports guard benefits (concussions)         | 88. I brush and floss, but still have bad breath    |
| 64. Maximizing your insurance benefits          | 89. New Year, New You                               |
| 65. Pregnancy and gingivitis                    | 90. How to tell if you have gum disease             |
| 66. Postmenopausal dental care                  | 91. Does my filling need to be replaced?            |
| 67. Red heads and anesthesia                    | 92. What are dental sealants and                    |
| 68. Meth mouth                                  | who should get them?                                |
| 69. Oral signs of anemia                        | 93. Which sweets are the worst for your teeth       |
| 70. Your first filling                          | 94. Why treat baby teeth?                           |
| 71. Chewing ice                                 | 95. Teaching your child to brush                    |
| 72. How cheese fights decay                     | 96. World Oral Health Day                           |
| 73. How whitening toothpastes cause sensitivity | 97. Smoking and your teeth                          |
| 74. Stainless steel crowns (children)           | 98. Aging and dental care                           |
| 75. Choosing the right toothbrush               | 99. Oral health myths                               |
| 76. My tooth was knocked out, what do I do?     | 100. Teeth grinding                                 |
| 77. Healthy school lunches for your child       | 101. Time for a checkup                             |
| 78. What is tooth and gum recontouring?         |   |