

WALNUT CREEK, CA, October 13, 2013 **/24-7PressRelease/** -- October is National Dental Hygiene Month (NDHM) and Dr. Frank Skiba wants all of his patients, new and old, to celebrate with awareness and rededication to their oral hygiene regimen.

"Adult patients should make sure children know how to properly brush their teeth, gargle and floss," said Dr. Skiba, Walnut Creek dentist. "But I find that many adults get lax with their teeth as well, either not brushing as much or never flossing. October is a great time for a refresher course for everyone. Not only is it NDHM, it's Halloween. Halloween is a cavity's favorite holiday."

According to the American Dental Association (ADA), individuals should brush their teeth twice a day for two minutes with a fluoride tooth paste. Children should be supervised to ensure that they use the correct technique and do not swallow dental products. Correct brushing should include brushing the outer smile, the crowns of the teeth and the backs of the teeth. The tongue should also be brushed from back to front to eliminate odor-causing particles.

Along with brushing for two minutes, twice a day, the ADA states that people should floss daily and make gargling with a mouthwash a part of their brushing regimen for ideal dental health. Chewing sugar-free gum after meals and drinks can also benefit teeth. Sugar-free gum produces saliva. Saliva is important for cleaning and protecting teeth and the mouth.

Finally, in addition to daily upkeep, it is recommended that people see the dentist for a check up and cleaning every 6 months. "When was your last check up? That's what I want the people of Walnut Creek to ask themselves," said Dr. Skiba. If you can't answer it, October is a good time to come in!"

Cleanings at the dentist are more thorough than brushing and flossing sessions at home. Additionally, Dr. Skiba can examine teeth for any trouble areas that may need treatment now or in the future. "Sometimes teeth are borderline," said Dr. Skiba. "That means I can see decay beginning or a problem starting to form. If patients are aware of borderline problems, they tend to do more to prevent them from getting worse. Most people want to avoid needing fillings or root canals."

To celebrate NDHM with a confident, healthy smile from a dentist in Walnut Creek, patients can visit Dr. Skiba's website for more information about his services at <http://www.skibadental.com> . They can also contact his office at 925-934-8149.

Celebrating National Dental Hygiene Month In Walnut Creek, California

Written by Australian Business

About Frank Skiba, DDS: Since graduating from Marquette University with membership in the national dental honor society-Omicron Kappa Upsilon-Dr. Frank Skiba has been providing superior dental care. He has trained at some of the best dental programs in California, and received post-graduate training in TMJ, myofacial pain management from UCLA School of Dentistry and UCSF School of Dentistry, Implant dentistry at UCSF School of Dentistry, and cosmetic dentistry at the University of the Pacific School of Dentistry. Dr. Skiba continues to maintain the highest level of accreditation and pursues ongoing dental education on a variety of topics to stay abreast of the latest techniques and procedures in dentistry. He is able to diagnose and treat all patients' needs from general dental care to specialized treatment in cosmetic, implants and jaw dysfunction.

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