



## Teeth Can Last a Lifetime!

### The Mouth Project Musical

We hope you enjoy The Mouth Project Musical and learn a thing or two about your mouth... teeth and all!

We want you to know more about dental health, so we have provided you a list of articles available as PDFs on our website.

### [RedEarthTheatre.org/The-Mouth-Project](http://RedEarthTheatre.org/The-Mouth-Project)

The Mouth Project will be available as a turnkey production package including the script, songs, staging and costuming suggestions.

### The Mouth Project Movie

'The Mouth Project Movie' will be available as a free download at the website after July 2017. The Mouth Project Movie' (filmed and directed by Angelo LaMarco), part documentary, part performance, is a wild 90-minute ride taking you behind the scenes through the creative process, on tour and ultimately brings you to the show itself. With a special 'movie' song written by Mouth Project performer/musician Sierra Bliss, the entire family will be entertained, as the movie carries on the message of the play.



#### Cast:

Clay Frankel, Sadiqah-Ivy Miller, Maria Martin, Mitchell McDermott, Cathy Ransom, Lisa Schatz Glinsky and Riley Whittaker, with Sierra Bliss (musician).



## A Bilingual Musical for the Whole Family About Your Mouth!

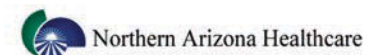
#### MOUTH PROJECT TEAM

Kate Hawkes, Executive Director/Play Director  
 Dev Ross, Playwright  
 Shondra Jepperson, Composer/Lyricist  
 Katie Fowler, Costumer  
 Tonja Lee Flora Janzen, Props  
 Angelo LaMarco, Filmmaker  
 Mei Wei Wong  
 Sarah Reynolds

Brought to you by:



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 Arizona Community Foundation  
 Delta Dental of Arizona Foundation  
 Northern Arizona Healthcare Foundation





## Children

### Baby Bottle Tooth Decay

Here's why leaving a baby bottle in your baby's mouth can be damaging.

*(This article is available to download under Mouth Project/ Support Materials on our website.)*

### Limit Kids' Sweets All Year Round

Sugar creates damaging acids that lead to cavities and can ruin the alignment of the permanent teeth. These are just two reasons out of many.

*(This article is available to download under Mouth Project/ Support Materials on our website.)*

### Tooth-Friendly Foods for Kids

You can help your child's teeth with what they eat! Here are some good suggestions.

*(This article is available to download under Mouth Project/ Support Materials on our website.)*

### Caring for Your Child's Teeth

Strong, clean teeth start with good habits. Parents can get their children off to a great start.

*(This article is available to download under Mouth Project/ Support Materials on our website.)*

### Beware of Tooth Decay

Decay is on the rise! Do you know how to prevent your children from being a statistic?

*(This article is available to download under Mouth Project/ Support Materials on our website.)*

### Your Child's First Dental Visit

The first dental visit can be a lot of fun. Here's how!

*(This article is available to download under Mouth Project/ Support Materials on our website.)*

### When a Vitamin Supplement May Help

We need to supplement Vitamin C from food and Vitamin D from sunlight. If that's not possible, then supplements are important.

*(This article is available to download under Mouth Project/ Support Materials on our website.)*

## Teens

### Questions and Answers: Bad Breath

Learn the causes of bad breath and how to get rid of it.

*(This article is available to download under Mouth Project/ Support Materials on our website.)*

### Snacking: A Slippery Slope to Cavities

What makes a good snack and when is it best?

*(This article is available to download under Mouth Project/ Support Materials on our website.)*

### Five Habits for Healthy Teeth

Make healthy teeth part of your lifestyle with these five tips.

*(This article is available to download under Mouth Project/ Support Materials on our website.)*

### Brush Up on Proper Teeth Cleaning

Healthy teeth begins with learning how to clean your teeth like a pro!

*(This article is available to download under Mouth Project/ Support Materials on our website.)*

### Tooth Decay: How It Progresses

The three steps to cavities and what's at risk. Here's what you can do to stop it.

*(This article is available to download under Mouth Project/ Support Materials on our website.)*

### De-Stress for Better Oral Health

What's the connection between stress and periodontal (gum) disease? Be informed.

*(This article is available to download under Mouth Project/ Support Materials on our website.)*

### Brushing Up on Healthy Teeth: Quiz

Test your Dental I.Q. with this quiz. True or False?

*(This article is available to download under Mouth Project/ Support Materials on our website.)*

For more information, visit

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## Adults

### The Diabetes-Gum Disease Connection

Poor dental health can make diabetes worse. Even at it's best, the mouth has 100 to 200 species of bacteria living inside. Here's what it means for diabetics.

*(This article is available to download under Mouth Project/ Support Materials on our website.)*

### Preventing Gum Disease for Overall Health Worth Smiling About

Gum disease and inflammation have been linked to heart disease and a host of others.

*(This article is available to download under Mouth Project/ Support Materials on our website.)*

### Oral Yeast Infections (Candidiasis)

Candida feed on sugars we eat and lead to fungal infections. Here's how to protect yourself.

*(This article is available to download under Mouth Project/ Support Materials on our website.)*

### How Tobacco Use Affects Your Mouth

Learn how smoking tobacco results in gum disease and a high risk of oral cancer.

*(This article is available to download under Mouth Project/ Support Materials on our website.)*

### Dry Mouth: Tips and Treatments

Saliva plays a crucial role in maintaining a healthy mouth. Here's why dry mouth cannot be ignored.

*(This article is available to download under Mouth Project/ Support Materials on our website.)*

### When You're Missing Permanent Teeth

Early detection in children can minimize the effects of missing teeth and provide treatment options. Teeth knocked out may be saved if action is taken quickly.

*(This article is available to download under Mouth Project/ Support Materials on our website.)*



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