

be
well.

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Take Care of Your Teeth and Gums

Healthy habits, including brushing and flossing, can prevent tooth decay (cavities) and gum disease. Tooth decay and gum disease can lead to pain and tooth loss.

Plaque is a sticky substance which forms on your teeth. When plaque stays on your teeth too long, it can lead to tooth decay and gum disease. Brushing and flossing help get plaque off your teeth so your mouth can stay healthy.

You can prevent most problems with teeth and gums by taking these steps.

- ❖ Brush your teeth two times a day with fluoride toothpaste
- ❖ Floss between your teeth every day
- ❖ Visit a dentist regularly for checkups and cleaning
- ❖ Cut down on sugary foods and drinks
- ❖ Don't smoke or chew tobacco
- ❖ If you drink alcohol, drink only in moderation

Brushing Tips

- ❖ Brush in circles and use short, back-and-forth strokes
- ❖ Take time to brush gently along the gum line
- ❖ Brush your teeth for about two minutes each time
- ❖ Don't forget to brush your tongue
- ❖ Get a new toothbrush every 3 to 4 months; replace your toothbrush sooner if it's wearing out



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