

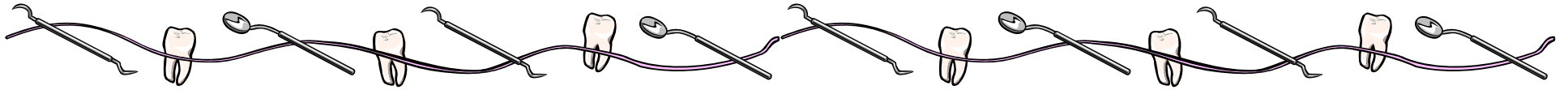
BRUSHING UP ON A HEALTHY SMILE





HERE ARE SOME SIMPLE TIPS TO FOLLOW FOR DENTAL HEALTH:

- Visit your dentist once or twice a year for checkups.
- Brush after meals with a toothbrush that has soft or medium bristles.
- Use toothpaste with fluoride.
- Use dental floss every day.
- Eat fewer sweets, especially between meals.
- Do not smoke or chew tobacco products.



CAUSES OF BAD BREATH:

- INFECTED GUMS
- DIRTY TEETH
- A FOUL TONGUE
- AN EMPTY STOMACH
- SMOKING
- OVERUSE OF MOUTHWASHES

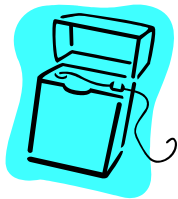
TIPS FOR HEALTHY TEETH:



MAKE BRUSHING TWICE A DAY AND FLOSSING AT LEAST ONCE A DAY PART OF YOUR DAILY ROUTINE!



EATING CRANBERRIES CAN REDUCE YOUR RISK OF GUM DISEASE. COMPOUNDS IN THE FRUIT HELP PREVENT BACTERIA IN THE MOUTH FROM STICKING TOGETHER AND FORMING PLAQUE.



BUY SHRED-PROOF OR SHRED-RESISTANT DENTAL FLOSS. IF FLOSS GETS LODGED BETWEEN TEETH, IT CAN EXPAND, PUSH YOUR TEETH APART AND CAUSE PAIN.

TIPS FOR HEALTHY TEETH:



DON'T DRINK HOT BEVERAGES WHILE EATING ICE CREAM. GOING FROM ONE TEMPERATURE TO EXTREME TO ANOTHER CAN CAUSE HAIRLINE CRACKS IN TEETH BECAUSE THEY CONTRACT AND EXPAND.



APPLES, ORANGES, CELERY, CARROTS AND HIGH-FIBER GREENS SUCH AS SPINACH, LETTUCE AND BROCCOLI CAN HELP WHITEN TEETH. THAT'S BECAUSE THESE FOODS REQUIRE LOTS OF CHEWING, SO THEY STIMULATE SALIVA PRODUCTION AND MINIMIZE STAIN-PRODUCING BACTERIA ON TEETH.




CONSIDER USING AN ELECTRIC TOOTHBRUSH. PEOPLE WHO USE ELECTRIC TOOTHBRUSHES DO A GOOD JOB OF KEEPING THEIR TEETH WELL-BRUSHED, MAINLY BECAUSE THEY SPEND MORE TIME BRUSHING THAN MOST PEOPLE WHO USE REGULAR BRUSHES. IF YOU USE A REGULAR TOOTHBRUSH, CONSIDER USING A TIMER TO ENSURE YOU BRUSH FOR AT LEAST TWO MINUTES.


BRUSHING TIPS

 BRUSH YOUR TEETH GENTLY USING SHORT STROKES. APPLY JUST ENOUGH PRESSURE TO FEEL THE BRISTLES AGAINST THE GUMS. IF YOU ARE SQUASHING THE BRISTLES, YOU'RE BRUSHING TOO HARD.

 REPLACE YOUR TOOTHBRUSH APPROXIMATELY EVERY TWO TO THREE MONTHS OR AS SOON AS THE BRISTLES ARE WORN OR BENT. A WORN-OUT TOOTHBRUSH DOES NOT CLEAN YOUR TEETH PROPERLY, AND MAY ACTUALLY INJURE YOUR GUMS. YOU SHOULD ALSO REPLACE YOUR TOOTHBRUSH AFTER YOU'VE HAD A COLD.

 BE SURE YOU ARE REACHING EVERY TOOTH. THE TOOTHBRUSH CAN ONLY CLEAN ONE OR TWO TEETH AT A TIME, SO YOU SHOULD BE MOVING THE TOOTHBRUSH AROUND FREQUENTLY.

 USE A TOOTHPASTE THAT CONTAINS FLUORIDE.

 AVOID TOOTHBRUSHES WITH HARD BRISTLES, WHICH CAN DAMAGE YOUR GUMS. USE A TOOTHBRUSH WITH SOFT, END-ROUNDED BRISTLES.

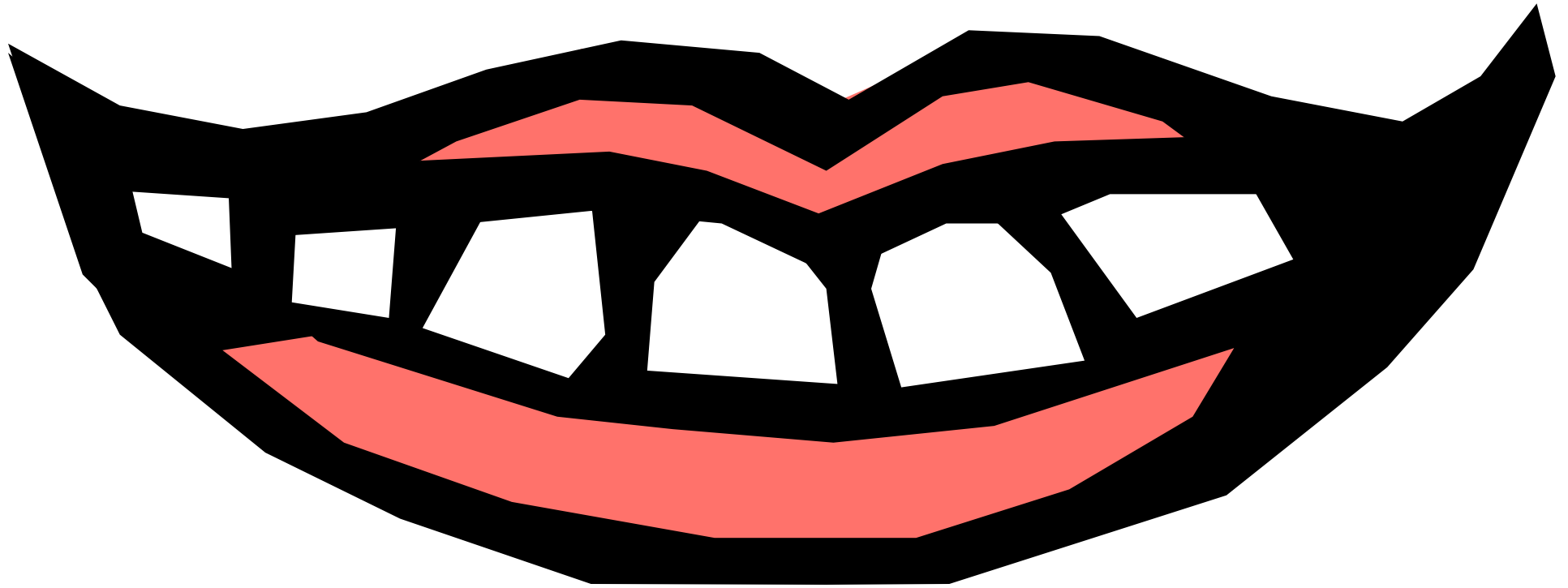
 ASK YOUR DENTIST TO RECOMMEND THE TYPE OF TOOTHBRUSH THAT WOULD WORK BEST FOR YOU.



FLOSSING TIPS



- ESTABLISH A REGULAR PATTERN FOR FLOSSING SO THAT YOU DON'T MISS ANY TEETH.
- AS WITH BRUSHING, FLOSSING SHOULD BE DONE GENTLY. IMPROPER FLOSSING CAN INJURE YOUR GUMS.
- IF YOU HAVE NOT BEEN FLOSSING REGULARLY, YOUR GUMS MAY BLEED AND BE SORE FOR THE FIRST FIVE OR SIX DAYS. AS PLAQUE IS BROKEN UP AND BACTERIA REMOVED, YOUR GUMS WILL HEAL AND THE BLEEDING WILL STOP.
- BY AGE EIGHT, CHILDREN SHOULD BE ABLE TO FLOSS THEIR OWN TEETH. TO MAKE IT EASIER, USE A LOOP OF FLOSS. SIMPLY TIE THE ENDS OF A 10-INCH PIECE OF FLOSS, FORMING A CIRCLE. HOLD THE FLOSS TIGHTLY BETWEEN THE THUMBS AND FOREFINGERS, AND USE THE TECHNIQUE ABOVE.
- A FLOSS HOLDER CAN MAKE FLOSSING EASIER FOR THOSE WHO DO NOT HAVE GOOD FINGER DEXTERITY. SPECIAL PICKS AND STICKS ARE ALSO AVAILABLE TO HELP THOSE WHO FIND FLOSS DIFFICULT TO WORK WITH. CONSULT YOUR DENTIST ABOUT THE BEST TECHNIQUE FOR YOU.



DON'T FORGET TO
SHARE YOUR SMILE!