

HERE'S

TO HEALTH



Dental Hygiene Tips

Poor oral hygiene can lead to dental and medical problems such as gum disease, infection, bone loss, heart disease, strokes and more. Regular check-ups can prevent these problems.

1. PROPER BRUSHING:

[Click here](#) for a video on proper teeth brushing technique.

2. FLOSSING:

Removes food particles and other substances that brushing cannot.

3. AVOID TOBACCO:

Lower your risk for oral cancer and periodontal complications

4. LIMIT SODA, COFFEE, AND ALCOHOL:

Sugar and food dye can make white teeth appear dull and discolored.

5. VISIT YOUR DENTIST:

Go twice a year to have a full hygiene treatment.

6. CLEAN YOUR TONGUE:

Removes bacteria living on your tongue's surface.



DENTAL HYGIENE EDITION



Click on a tooth for more dental hygiene information!

