Caring for your gums and teeth!

With proper care, your teeth and gums can stay healthy throughout your life. Why not start now?? The healthier your teeth and gums are, the less risk you have for tooth decay and gum disease.

Brushing:
Brush at least twice a day, or after every meal if you can
Brush your teeth for 2-3 minutes and then rinse with water

Flossing:
Floss at least once a day
Floss between each tooth and behind them as well
Use clean floss

Eating Right for Dental Health:
Eat a variety of foods, but fewer foods with sugar and starches
Avoid snacking on: candies, cookies, chips, crackers, etc.

Regular Dentist Visits:
Visit at least once every six months
Have regular check ups and professional cleanings
Also see dentist for any questions

Rinsing:
Antibacterial mouthwash rinse reduces bacteria that cause plaque and gum disease
Fluoride mouth rinses also help reduce and prevent tooth decay

Email us at:
healthinfo@csbsju.edu

http://www.webmd.com/oral-health/teeth-and-gum-care

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Have fun. Play smart. Live well.