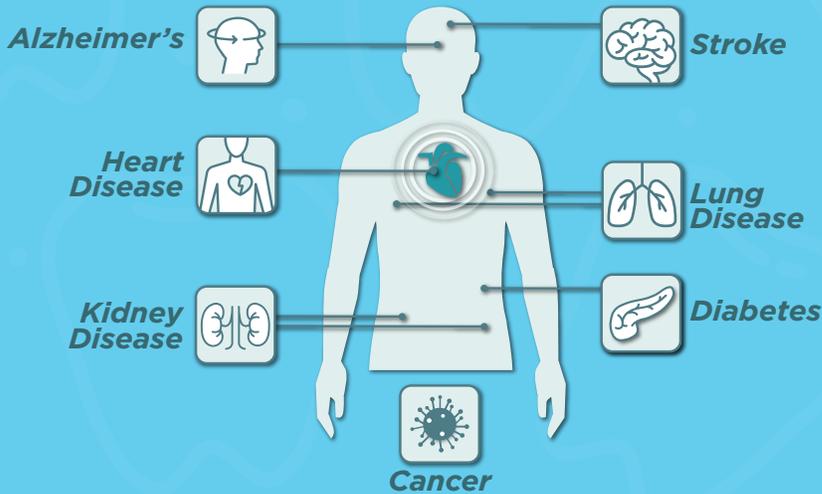


Don't  
**BRUSH  
OFF**  
**DENTAL CARE**

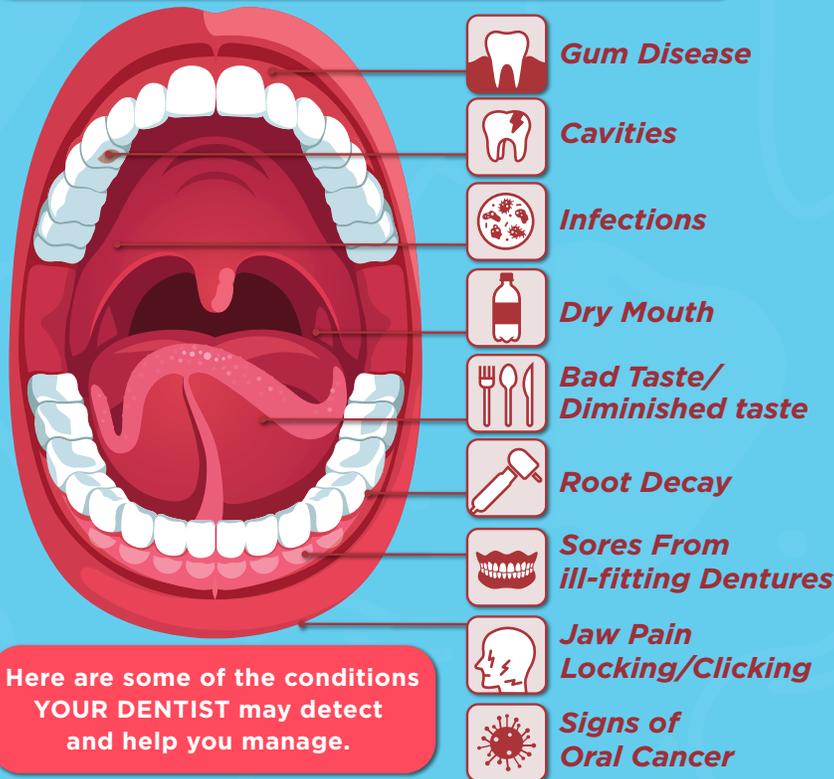
**Oral Health Affects the Whole Body**

Bacteria built up on teeth can cause infection of the gums which can enter the blood stream, traveling throughout the body.

**This may increase the risk of:**



**Protect Your Smile,  
Protect Your Health**



Here are some of the conditions  
**YOUR DENTIST** may detect  
and help you manage.

**Look Good & Feel Good**  
*Caring for Your Mouth*



Visit the dentist twice a year and bring a list of the medications you are taking to every visit



Even if you wear dentures, it is important to visit your dentist regularly. Your dentist will examine your mouth making sure that your dentures fit properly, and will also look for signs of oral and other potential diseases during your routine checkup



Brush natural or replacement teeth twice a day



Call your dentist if you experience any changes in your mouth or throat, such as swelling or sores that persist beyond 14 days



If you wear dentures, remember to clean them on a daily basis with cleaners made specifically for dentures



Brush your gums, tongue, and palate before you insert your dentures in the morning. This helps remove plaque and stimulates tissue circulation



Floss natural or replacement teeth daily. You can use dental floss or another product made specifically to clean between the teeth, like pre-threaded flossers, tiny brushes that reach between the teeth, water flosser, or wooden plaque removers



Use antimicrobial mouth rinse or topical fluorides \*Fluoride should be used as directed by your Dentist/Dental Hygienist



Drink plenty of water, even when you may not be thirsty



Limit sugary drinks, starchy foods, and sticky candy