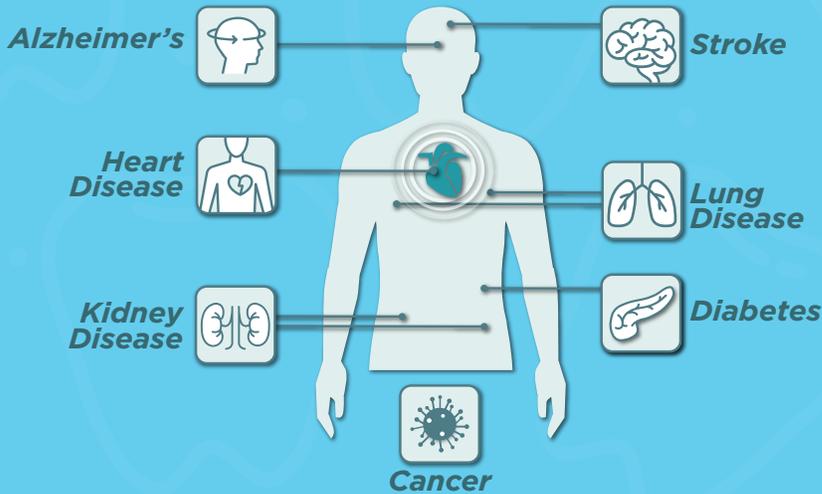


Don't
**BRUSH
OFF**
DENTAL CARE

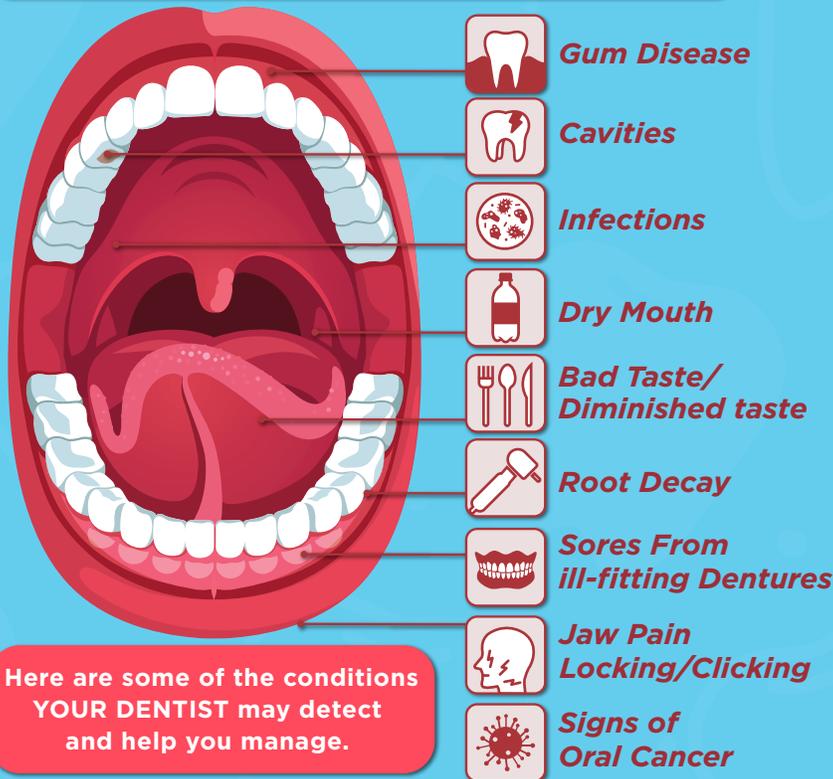
Oral Health Affects the Whole Body

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