

Protect your smile!



Here are some tips to keep your smile healthy for a lifetime:

- Brush your teeth and tongue for two minutes at least twice a day using fluoride toothpaste
- Floss daily to help keep your gums healthy
- Rinse using an antiseptic mouthwash to kill germs that cause cavities and gum disease
- Choose nutritious foods low in sugar and limit sugary or sticky sweets
- Drink water to quench your thirst instead of sugary drinks
- Wear a fitted mouthguard when playing sports to protect your teeth
- Replace your toothbrush once the bristles begin to spread in order to better clean your teeth and gum line
- Choose to be tobacco free! Using tobacco products can stain your teeth and increase your risk of cancer
- Check your mouth regularly. If you have a sore that does not heal within two weeks, get it checked by a health professional
- Visit your dentist regularly

Good oral health is essential to total health and well-being at any age

Did you know...

Eating hard cheese after meals or as a snack can help prevent tooth decay!

It protects your teeth from bacteria and has calcium

that helps to rebuild your teeth!

For more info visit:

<http://www.dentalhygienecanda.ca>

<http://www.cdha.ca/cdha>

<https://www.cda-adc.ca/>

