



Say Cheese!

“Brush your teeth!” How many times did you hear that as a kid? Not only does brushing brighten your smile, but it helps prevent health issues that can harm your heart and stomach. Visiting a dentist will keep your mouth in check and also keep watch on any other issues.

Practice good dental habits:

- Brush for two or three minutes, at least twice a day. Use a dentist-recommended toothpaste, preferably one that has fluoride.
- Floss once a day to keep your gums healthy.
- Eat foods that are high in vitamin A, vitamin C, and calcium to help build teeth and avoid gum disease.
- Don't smoke or chew tobacco, which can lead to gum disease and oral cancer.

Listen to your parents! Brush your teeth for a clean smile and better health.