

How do you take care of your teeth?



Good dental health is a great reason to smile!

Working an oral care routine into your day is easy. It only takes a few minutes to brush and floss twice a day. Good dental habits can bring you a lifetime of strong teeth and healthy gums.

Why is it important for me to brush and floss?

Brushing and flossing regularly can help keep your mouth healthy, improve your overall health and keep your teeth looking their best. It can also help prevent cavities.



The bristles should reach all of your teeth easily. Consider getting a new toothbrush every three to four months. Or sooner if the bristles get worn down.

What's a cavity?

A cavity is a hole in your tooth. It's caused when the enamel on your tooth breaks down. Sometimes cavities hurt. You can lower your chances of getting a cavity by brushing and flossing twice each day, eating a balanced diet and avoiding sugary snacks and drinks.

What do I look for in my toothpaste?

To get the most benefit, look for a toothpaste with fluoride as an ingredient. Fluoride helps keep your teeth healthy and strong. You should also see the words "ADA-accepted" on the label.

When is it best to brush my teeth?

Dentists recommend brushing your teeth twice a day, usually in the morning and before bed.



Shoot for three minutes each time. If you don't want to time it, there's help. Head over to Google Play or the App Store to find fun apps that will time you when you brush.

What are the differences in toothbrushes?

There are all kinds of toothbrushes on the market. Dentists say a soft-bristled brush is best. The size and shape will depend on your mouth.



Top five reasons you may want to take good care of your teeth:

1. Taking good care of my teeth is good for my whole body's health.
2. It can help keep my teeth strong and keep me from getting cavities.
3. It will help keep my smile bright and may help my teeth stay white.
4. It can help me avoid getting painful gum disease.
5. It will help keep my breath fresh.

You may not be ready to make big changes to your dental health now. But what things might you like to change one day?



- ❑ I get nervous or afraid of going to the dentist.
I might want to talk to the dentist about my fears so he or she can help me feel more comfortable.
- ❑ I like the way my teeth feel when they're clean. I might want to get a cleaning and checkup regularly.
- ❑ When I've flossed in the past it hurt my gums.
I might want to learn the right way to floss so it works but doesn't hurt.
- ❑ I might try to avoid cavities by drinking fewer sodas and eating less candy and sweets.
- ❑ I have a tooth that hurts sometimes. I might want to have my painful tooth examined.
- ❑ I might decide to eat more fruits to help keep my teeth healthy.

Source: mouthhealthy.org

Mouthhealthy.org is an independent organization that provides health information on behalf of BlueChoice HealthPlan. This link leads to a third party site. That organization is solely responsible for the contents and privacy policies on its site.

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