



Healthy habits for a healthy mouth

Good oral hygiene is important for you to feel your best. Having strong teeth and gums will help you enjoy a variety of foods without pain or discomfort, protect you from bacteria that can make you sick, and reduce your risk of inflammation to stay heart healthy.



- /// **Brush twice a day** with a soft bristle toothbrush and fluoride toothpaste to keep your teeth and gums clean and healthy.
- /// **Floss once a day** to remove food and bacteria which will prevent inflammation, bleeding and tooth decay.
- /// **Care for dentures** by removing them every night, brushing them and soaking overnight.
- /// **Chew sugarless gum between meals** to keep your mouth moist and help fight bacteria.
- /// **Relieve dry mouth** with simple tips and tricks provided by your dietitian.
- /// **Limit sugary and acidic foods** that can contribute to tooth decay and tooth loss.
- /// **Rinse with non-alcoholic mouth wash** to clean your teeth and gums without drying them out.
- /// **Visit a dentist at least once a year** to have your mouth checked for cavities, gum infection and cancer.
- /// **Avoid tobacco products** like cigarettes and chewing tobacco that put you at higher risk for gum disease.
- /// **Replace your toothbrush every 3 months** to ensure your bristles are sanitary and not worn out.



HAVE YOU VISITED YOUR DENTIST LATELY FOR A CHECKUP?

Talk to your care team about how you can find dental care that's right for you and schedule your next appointment.