How to Take Care of Your Teeth

Dental care is essential for maintaining good health. Neglect can cause tooth loss, cavities, and gingivitis.

Follow these tips for oral care:

- Brush your teeth in the morning and night with a fluoride toothpaste.
- Clean between your teeth every day with dental floss.
- Snack smart - limit sugary snacks and soda.
- Don't smoke or chew tobacco.
- Have a routine dental exam every six months.

Visit the link below to learn more about your oral health.

Use QR code to view reference

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https://medlineplus.gov/dentalhealth.html#summary