

## What Can I Do To Prevent Dental Problems ?

1. **CONTROL PLAQUE** each day by flossing and brushing your teeth. Plaque causes tooth decay and gum disease. A dental professional can teach you how to remove the plaque.
2. **USE FLUORIDE** to make the tooth enamel strong. Use toothpaste containing fluoride every day. A dentist or other dental professional can apply fluoride to the teeth. Many towns and schools have fluoride in their water.
3. Eat a **BALANCED DIET** and snack wisely to reduce sugar and carbohydrates. Limit eating and drinking beverages between meals. Drink water more often to relieve snack hunger and to provide a refreshing, sugar-free drink.
4. Get **REGULAR DENTAL CARE**. Your dentist, and the staff of the dental office, are the experts in your professional dental care and oral health education.
5. Talk to your dentist about **SEALANTS**. Some people need sealants to protect their molars from decay. Sealants fill in areas on the chewing surface of the tooth that toothbrush bristles cannot reach for cleaning.

## Why Do I Need Good Oral Health ?

- ◆ Healthy teeth make it easier to speak clearly.
- ◆ Healthy teeth make it easier to chew foods well.
- ◆ Avoid the pain of dental disease by keeping your mouth healthy.
- ◆ Good oral health means fewer and cheaper dental bills.
- ◆ Keep your natural teeth for your lifetime; it can be done.
- ◆ Good oral health is necessary for good overall health.
- ◆ Clean, healthy teeth help you have sweet breath.
- ◆ Clean, healthy teeth give you a nice smile and confidence.



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