

Dental Health

- Keep your teeth and gums healthy now to prevent problems as you grow older.
- Taking good care of your teeth and gums is especially important if you:
 - **Have diabetes**
 - **Have cancer**
 - **Are an older adult**
 - **Are pregnant**



6 Tips for Healthy Teeth & Gums

1. **Brush your teeth 2 times a day with fluoride toothpaste.**

- Fluoride is a mineral that helps protect teeth from decay.
- Brush your teeth in small circles and take time to brush gently along the gum line.
- Don't forget to brush your tongue to kill germs and give you fresh breath.
- Change your tooth brush every 3 months.

2. **Floss between your teeth every day.**

- Floss every day to get out plaque and any food between teeth that your toothbrush missed.
- Rinse your mouth with water after flossing.
- If you aren't sure if you are doing it right, ask a dentist at your next visit.



3. **See a dentist regularly for checkups and cleaning.**

- Regular checkups, once or twice a year, are very important (even if you have dentures).
- If you are nervous about going to the dentist, try these tips to relax:
 - Tell your dentist you are nervous.
 - Take headphones and a music player to your next appointment.
 - Choose an appointment time when you won't feel rushed.

4. **Cut back on sugary foods and drinks.**

- Sugar in some foods and drinks (like candy and soda) can lead to tooth decay.

5. **Don't smoke or chew tobacco.**

- Using tobacco in any form adds to your risk of gum disease and cancer of the mouth.

6. **If you drink alcohol, don't drink too much.**

- Drinking lots of alcohol raises your risk of cancer of the mouth.
- If you do drink, have only a modest amount. This means a max of 1 drink per day for women and 2 drinks per day for men.

Source: www.healthfinder.gov

For more information call Customer Service at **(415) 615-4555**.

Or visit www.healthysanfrancisco.org