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