

Dental Hygiene

It's For Your Health



Oral hygiene is the practice of keeping the mouth and teeth clean to prevent oral problems. Follow the tips and prevention below to keep your mouth healthy.

Oral Hygiene Tips:

- Brush teeth and gums twice daily
- Rinse with mouthwash
- Floss at least once a day
- Eat right
- Visit your dental hygienist regularly (at least once a year)



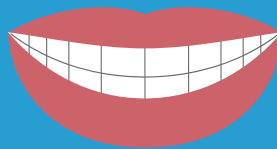
Prevention:

- Avoid using tobacco products (quit smoking)
- Limit alcoholic drinks
- Limit foods and drinks that are high in sugar and starches
- Eat a well-balanced diet
- Drink plenty of water

Good oral health may have a positive impact on your ability to speak, smile, taste, chew, and make facial expressions to show feelings and emotions.

Vitamin C for Gum Health

- Powerful antioxidant; key nutrient for healthy aging; supports immunity
- Helps to repair and maintain bone health
- Supports gum health
- Food sources:
 - Broccoli, purple cabbage, bell pepper, kiwi, citrus fruits, cantaloupe, kale, cauliflower, sweet potatoes, berries, pineapple



This information does not provide medical advice, diagnosis or treatment.

It should not be used as a substitute for health care from a licensed healthcare professional. Consult with your healthcare provider for individualized treatment or before beginning any new program.

<https://www.webmd.com/diet/foods-rich-in-vitamin-c#1>

<https://www.eatright.org/food/vitamins-and-supplements/nutrient-rich-foods/healthy-nutrition-for-healthy-teeth>