

PROTECTING YOUR TEETH FOR A LIFETIME

“We used to think that losing teeth was just a fact of life. Then we learned that it’s 100% preventable with a few simple steps.”



Here’s how:



Keep your teeth and mouth clean by brushing twice a day with fluoride toothpaste. Clean between teeth with floss.



Drinking water is good for your health and teeth. Tap water is safe to drink, costs less than bottled water, and usually has fluoride, a mineral that helps prevent cavities.



If you can replace sugary drinks like soda pop, juice, aguas frescas, and energy or sports drinks with water, the whole family will benefit.



A healthy diet that includes fruits and vegetables but avoids candy and snack foods is good for your teeth.



Avoid using tobacco products like cigarettes, chew, vapes (JUUL), cigars, cigarillos, and hookahs.



Don’t wait until you have a problem to see the dentist. Schedule checkups two times a year.

Es major prevenir que lamentar.

Oral Health and Overall Health



Oral Health During Illness or Treatment

If you are suffering from or being treated for an illness, you may experience changes in the health of your mouth. Some medications have side effects such as dry mouth, which can increase the risk of tooth decay. It is important to continue to see your dentist during these times and to share information about your health, treatment and medications.



Healthy Heart & Weight

Along with physical activity, a diet that is low in sugar, salt and fat but high in fruits and vegetables is good for your overall health and helps maintain a healthy heart and weight. Avoiding the foods and drinks that cause weight gain means you are actively avoiding many of the same things that cause cavities.



Smoking & Tobacco

Regular use of cigarettes, e-cigarettes, and other tobacco products harms your teeth and mouth. People who smoke are twice as likely to lose their teeth as non-smokers and are much more likely to develop cancer of the cheek, lip, gums, tongue, throat, and lungs.



Diabetes (high blood sugar)

People with diabetes are much more likely to develop gum disease. It is important to choose foods and drinks that are low in sugar and to see the dentist regularly.



Oral Health During Pregnancy

When you're pregnant, you may be more prone to cavities and gum disease. That's why it is important for pregnant women to see the dentist. Make an appointment early in the pregnancy — well before the baby comes. (You'll be busy afterwards!)



Teeth matter.
When our teeth are healthy,
we feel good and we look good, too.

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

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