

## Brush Up on Your Oral Hygiene

### The Root of it All

If you're one of the **100 million** Americans who doesn't visit their dentist every year, don't put it off any longer. Poor oral health is **linked to various diseases** and conditions, such as heart disease, diabetes, pneumonia, and pregnancy and birth complications. Nearly **half** (46%) of all adults aged 30 years or older show signs of gum disease.

Regular dental examinations and good oral hygiene can **prevent** most dental diseases. Plus, a checkup can help your dentist detect the onset of various chronic conditions... so its benefits go beyond healthy teeth and gums!

## PROTECT YOUR ORAL HEALTH

*Oral health is essential to general health and wellbeing. Practice good oral hygiene daily in a few simple steps.*



- Brush your teeth twice a day for two minutes each time with fluoride toothpaste.
- Floss daily.
- Use mouthwash to remove food particles left after brushing and flossing.
- Eat a healthy diet and limit sugary food and drinks.
- Replace your toothbrush every three to four months, or sooner if bristles are splayed or worn.
- Schedule regular dental checkups and cleanings.
- Avoid tobacco use.

SOURCES: MouthHealthy.org, Centers for Disease Control and Prevention, Mayo Clinic