



Keep Your Smile Healthy.

You can do a lot to keep your smile healthy. Prevention is the key.

Some important reasons to visit your dentist include:

- Teeth are sensitive to hot or cold
- Gums are puffy and/or bleed when you brush or floss
- Loose teeth
- Persistent dry mouth
- Persistent bad breath or bad taste in your mouth
- Mouth is often dry
- A spot or sore that doesn't look or feel right in your mouth and it isn't going away. This could be an indication of oral cancer

For additional reasons to see your dentist, [click here](#).

Brush Twice Daily

Brushing twice a day helps reduce the number of cavity-causing bacteria in the mouth. If you only brush once a day, you're giving the bacteria in your mouth a bigger opportunity to attack your tooth enamel.

Floss Daily

As important as flossing is to your oral health, 1 in 10 people surveyed say they never floss at all! Why is it important to floss? Flossing helps remove plaque and food particles from between the teeth and under the gum line where toothbrush bristles can't reach.

Eat a Balanced Diet

Today, many people eat on the run. Bear in mind, though, that the bacteria in your mouth feed on sugar and starches and produce acid that attacks your tooth enamel. The USDA's dietary guidelines encourage us to limit foods and beverages that are high in added sugars that may crowd out other healthy foods. To help protect your oral health, the ADA recommends eating a balanced diet and limiting between meal snacking.

Even if you don't have any symptoms, you can still have oral health problems that only a dentist can diagnose and help you with. That's why it's important to visit your dentist regularly. Visits to the dentist can help keep you in good oral health.

ADA American
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advocate for oral health