A HEALTHY SMILE FOR LIFE!
Through Care and Prevention, You Can Prevent Oral Health Problems

WHAT CAUSES CAVITIES?
• Bacteria in your mouth.
• Frequent snacking and sipping sugary drinks.
• Not cleaning your teeth well.

REDUCE YOUR RISK FOR CAVITIES?
• Brush for two minutes, twice a day, with fluoride toothpaste.
• Brush your teeth after eating sugary or starchy foods.
• Floss daily to remove food trapped between teeth.
• Chew Xylitol gum.

PROTECT YOUR TEETH WITH SEALANTS
• A dental sealant is a thin, plastic coating painted on the chewing surfaces of teeth -- usually the back molars -- to prevent tooth decay.
• Takes only a few minutes to apply a sealant to a tooth.
• Last for 5 years or longer.

WHO SHOULD GET SEALANTS
• Adults with a history of cavities or have molars with deep grooves.
• Children when their first molars (ages 6-7) and second molars (ages 12-13) emerge.

What is Gum Disease?
• Periodontal disease is an infection of your gums and jawbone.
• Gingivitis is an infection in your gums.

GUM DISEASE:
• Gets worse if not properly treated.
• Can be passed on to other family members.
• Can appear without symptoms so people may not know they have it.
• May affect the outcomes of other diseases, such as diabetes and heart disease.
• May lead to premature birth in pregnant women.

How Is Gum Disease Treated?
• A deep cleaning by your dentist to remove the bacteria that is damaging your gums.
• Prescription mouth rinse or fluoride toothpaste, or other medicine to use at home.
• Some people may need gum surgery.

STAY HEALTHY AFTER TREATMENT FOR GUM DISEASE
• Floss daily.
• Brush twice a day.
• Visit your dentist every six months for oral exams and cleanings.
• Use any at-home products your dentist recommends.
• Do not chew or smoke tobacco.