

Oral Health & Oral Hygiene: Protect your Teeth, Protect your Health!



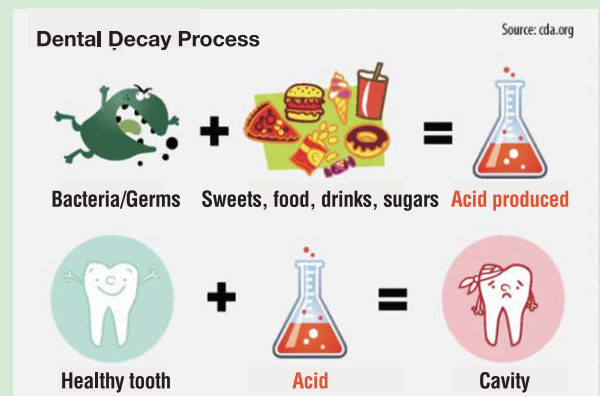
How do we keep our teeth and gums healthy?

- Brush at least twice a day for 2-3 minutes to remove any bacteria, plaque, and food particles in our teeth and to keep our breath clean and fresh.
- Floss at least once a day.
- Visit your doctor for routine checkup and cleaning every 6 months (two times a year).

What happens if we do not take care of our teeth?

Bacteria that live in our mouths produce acid to break down food when we eat. The acid can weaken the protective shield (enamel) on our teeth and create small cracks or holes called cavities. If we do not take care of our teeth, our enamel can further break down and cause damage to the nerves and gums underneath the enamel of our teeth.

Sweet foods and sugary drinks are not the only types of foods that can cause cavities. Foods that do not taste sweet can also cause cavities.



Healthy Teeth Toolkit:



Soft bristle toothbrush



Toothpaste that has fluoride



Floss

We eat the following foods to strengthen our oral health:



Calcium (mineral)



Phosphorus (mineral)



Vitamin D

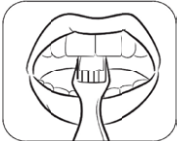
How to Brush



- Place the toothbrush at a 45-degree angle to the gums.



- Move the brush back and forth gently in short strokes.



- Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.



- To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.



- Brush your tongue to remove bacteria and keep your breath fresh.

How to Floss



- Use about 18 inches of floss wound around one of your middle fingers, with the rest wound around the opposite middle finger.



- Hold the floss tightly between the thumbs and forefingers and gently insert it between the teeth.



- Curve the floss into a "C" shape against the side of the tooth.



- Rub the floss gently up and down, keeping it pressed against the tooth. Don't jerk or snap the floss.



- Floss all your teeth. Don't forget to floss behind your back teeth.