



## SOMETHING TO SMILE ABOUT

### Proper Brushing and Flossing Reminders:

- Brush at least twice a day using the right equipment:
  - Fluoride toothpaste
  - Soft bristled brush
  - Replace brush every 3-4 months
- Since you cannot brush between teeth or under your gum line:
  - Don't skimp
  - One tooth at a time
  - Keep it up, plaque accumulates every day
  - Resist temptation to use toothpicks

### Proper Oral Hygiene Leads to More Than a Great Smile

- Gum disease is called gingivitis in its early stages and periodontal disease in its late stages.
- Gum disease is caused by plaque buildup and can be easily prevented

### Fearful of the dentist?

- If you fear the “needle” – ask about other numbing techniques
- If you fear the “drill” – ask about other ways of filling cavities
- If you just get anxious – take your headphones and listen to music
- Call your dentist and share your fears... you are not alone.

### Screening for oral cancers:

- Oral cancers are more prevalent in tobacco users, but everyone should be screened
- Ask your dentist how they screen for oral cancers
- Some tests may or may not be covered by your dental insurance