

FIVE STEPS TO GOOD ORAL HEALTH



For years we've been hearing about the importance of brushing and flossing our teeth for a healthy smile. Research now shows there may be a link between oral disease and other health problems such as diabetes, heart disease and stroke, as well as pre-term and low-birth-weight babies.

While this research is ongoing, there is increasing evidence to support that a healthy mouth is an important part of a healthy life.

Help keep your mouth healthy by following these five steps:

1 Practice Good Oral Hygiene:

- Using a soft bristle toothbrush, brush your teeth and tongue at least twice a day to remove plaque and bacteria that cause cavities and gum disease.
- Floss everyday. If you don't floss, you are missing more than one-third (1/3) of your tooth surface.
- When choosing oral care products, look for the CDA Seal of Recognition. Products bearing the Seal have been reviewed by CDA and have demonstrated specific oral health benefits.

2 Eat a well-balanced diet.

- Healthy food is good for your general and oral health.
- Without the nutrients that come from foods, your teeth and gums cannot fight cavities and gum disease.
- Avoid excess sugar, as it is one of the main causes of dental problems.

3 Check your mouth regularly.

- Look for warning signs of gum disease such as red, shiny, puffy, sore or sensitive gums; bleeding when you brush or floss; or bad breath that won't go away.
- Report any of these warning signs to your dentist.
- Gum disease is one of the main reasons why adults lose their teeth.

4 Don't smoke.

- Tobacco use is a major cause of tooth loss through gum disease and may lead to serious problems like oral cancer.
- Tobacco can cause heart disease and a variety of cancers.

5 See your dentist regularly.

- Regular check-ups and professional cleanings are the best way to prevent problems or to stop problems from getting worse.
- Only your dentist has the training, skills and expertise to identify and address all your oral health care needs.



Visit the CDA Web site at www.cda-adc.ca
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