

Oral Health Is Important for Overall Health



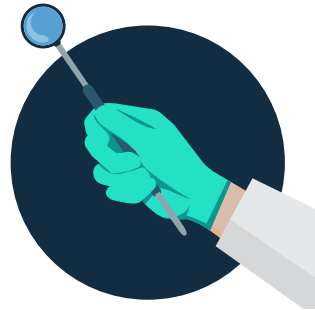
9 Ways to Care for Your Oral Health



1

Brush twice a day with fluoride toothpaste.

Keeping your teeth and gums clean can prevent cavities and gum disease.



2

Visit the dentist regularly.

Checkups can find tooth decay, gum disease, and other problems before they lead to more serious issues like tooth loss.



3

Drink fluoridated water

to keep teeth strong and reduce cavities.



4

Avoid all tobacco products and limit alcohol.

People who smoke have twice the risk of gum disease compared to people who don't smoke.



5

Limit sugary snacks and drinks,

which can lead to cavities and other oral health problems, as well as obesity and type 2 diabetes.



6

If you have diabetes, work with your doctor to monitor your A1C levels.

A high blood sugar level is associated with increased risk of gum disease.



7

Talk to your dentist about applying dental sealants.

Dental sealants are thin coatings that when painted on the chewing surfaces of the back teeth (molars) can prevent cavities for many years.



8

Floss your teeth daily.

Removing the dental plaque between teeth helps prevent decay.



9

It's safe to get regular and emergency dental care while pregnant.

During pregnancy, you may be more prone to gum disease and cavities.

Learn more about how good oral health is important for overall health at www.cdc.gov/oralhealth.