6 Ways to Care for Your Mouth
That Help You Stay Healthy

2X daily

Brush twice a day with fluoride toothpaste. Keeping your teeth and gums clean can prevent cavities and gum disease.

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

Drink fluoridated water to keep teeth strong and reduce cavities.

Avoid all forms of tobacco and limit alcohol. Smokers have twice the risk of gum disease compared to nonsmokers. Excessive alcohol use combined with tobacco use causes at least 75% of head and neck cancers.

Avoid sugary snacks and drinks, which can lead to tooth decay, obesity, type 2 diabetes, and other health problems.

If you have diabetes, work with your doctor to keep your blood sugar close to your target level. High blood sugar increases the risk of tooth decay and gum disease.

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