



Healthy Habits Healthy Smiles



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association



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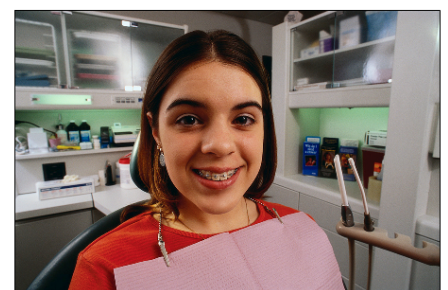
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ADOPT THESE HEALTHY HABITS

- * Visit your dental team once a year to ensure all is well.
- * Brush twice a day, after breakfast and before bedtime. Brushing frequently will prevent plaque from forming in your mouth, preventing gingivitis and tooth decay.
- * Floss once a day, before you brush. Flossing loosens and dislodges food particles in between teeth and along the gumline. This allows your brushing to be more effective.
- * Drink lots of water to rinse away food particles and bacteria and to encourage overall health.
- * Chew sugarless gum after meals when you can't brush right away. Chew gum that contains xylitol—a natural sugar alcohol that helps prevent cavities by stimulating saliva flow. This will naturally rinse your mouth of food and bacteria.
- * Eat a balanced diet in accordance with the Canada Food Guide. Overall health is important to your oral health.
- * Use a straw to minimize contact of acidic or carbonated beverages with your teeth.

AVOID THESE HARMFUL HABITS

- * Oral piercings of any kind can chip, break and cause unnecessary wear on your teeth.
- * Smoking or chewing tobacco can cause oral cancers.
- * Illegal drug use can inhibit saliva production in your mouth, preventing your body's natural ability to rinse away bacteria and food particles.
- * Eating or drinking sugary snacks frequently throughout the day increases the amount of time your teeth are under attack by acids created by bacteria. This attack continues for up to 20 minutes after each time you eat or drink.
- * Drinking carbonated or acidic beverages can weaken tooth enamel and increase sensitivity.
- * Clenching or grinding your teeth can cause wear on the biting surfaces of your teeth, gum recession, tooth sensitivity, jaw pain and headaches. See your dental team for help to quit this habit.

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