A healthy smile for life! 😊
you can prevent oral health problems

What is gum disease?
• Periodontal disease is an infection of your gums and jawbone.
• Gingivitis is an infection in your gums.

Gum disease
• Gets worse if not properly treated.
• Can be passed on to other family members.
• Can appear without symptoms so people may not know they have it.
• May affect the outcomes of other diseases, such as diabetes and heart disease.
• May lead to premature birth in pregnant women.

How is gum disease treated?
• A deep cleaning by your dentist to remove the bacteria that is damaging your gums.
• Prescription mouth rinse or fluoride toothpaste, or other medicine to use at home.
• Some people may need gum surgery.

Stay healthy after treatment for gum disease
• Floss daily.
• Brush twice a day.
• Visit your dentist regularly for oral exams and cleanings.
• Use at-home products your dentist recommends.
• Do not chew or smoke tobacco.

What causes cavities?
• Bacteria in your mouth.
• Frequent snacking and sipping sugary drinks.
• Not cleaning your teeth well.

Reduce your risk for cavities
• Brush for two minutes, twice a day, with fluoride toothpaste.
• Brush your teeth after eating sugary or starchy foods.
• Floss daily to remove food trapped between teeth.
• Chew Xylitol gum.

Protect your teeth with sealants
• A dental sealant is a thin, plastic coating painted on the chewing surfaces of teeth -- usually the back molars -- to prevent tooth decay.
• Takes only a few minutes to apply a sealant to a tooth.
• Last for 5 years or longer.

Who should get sealants?
• Children when their first molars (ages 6-7) and second molars (ages 12-13) emerge.