

PROTECT YOUR TEETH LATER IN LIFE

“Since my parents and grandparents lost their teeth, I thought it was just a fact of life. But then I learned that I could keep my teeth healthy.”

Here's how:



Keep your teeth and mouth clean by brushing twice a day with fluoride toothpaste. Clean between teeth with floss.



If you have dentures or partials, clean them daily and continue to go to your dentist every six months. You will receive an oral cancer screening during your visits.



Make water with fluoride your first choice. Tap water is safe to drink and usually has fluoride, a mineral that helps prevent cavities.



Replace sugary drinks like soda pop, juice, aguas frescas, and energy and sports drinks with water.



A healthy diet that includes fruits and vegetables but avoids candy and snack foods is good for teeth.



Avoid tobacco products of all kinds including cigarettes, chew, vapes (JUUL), cigars, cigarillos, and hookahs.

Es mejor prevenir que lamentar.

Oral Health and Overall Health



Oral Health During Illness or Treatment

If you are suffering from or being treated for an illness, you may experience changes in the health of your mouth. Some medications have side effects such as dry mouth, which can increase the risk of tooth decay. It is important to continue to see your dentist during these times and to share information about your health, treatment and medications.



Healthy Heart & Weight

Along with physical activity, a diet that is low in sugar, salt and fat but high in fruits and vegetables is good for your overall health and helps maintain a healthy heart and weight. Avoiding the foods and drinks that cause weight gain means you are actively avoiding many of the same things that cause cavities.



Smoking & Tobacco

Regular use of cigarettes, e-cigarettes, and other tobacco products harms your teeth and mouth. People who smoke are twice as likely to lose their teeth as non-smokers and are much more likely to develop cancer of the cheek, lip, gums, tongue, throat, and lungs.



Diabetes (high blood sugar)

People with diabetes are much more likely to develop gum disease. It is important to choose foods and drinks that are low in sugar and to see the dentist regularly.



Teeth matter.
When our teeth are healthy,
we feel good and we look good, too.

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

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