

# YOUR ORAL HEALTH

GOOD ORAL HYGIENE HABITS

PREVENT BAD BREATH, TOOTHACHE OR TOOTH LOSS



GOOD ORAL HYGIENE HABITS CAN MAKE YOUR TEETH LAST A LIFETIME



## BRUSH & FLOSS

- Brush your teeth every morning and every night
- Floss every day to clean between your teeth

## WHAT YOU EAT

Limit sweets, sugary foods and sugar-filled drinks

## CHECK-UP

Visit your dentist at least once a year for a check-up and professional cleaning

THERE IS A PROVEN LINK BETWEEN ORAL AND GENERAL HEALTH.

To prevent serious gum disease, special care should be taken by those most at risk –



People with weak immune systems from HIV AIDS, TB, diabetes & cancer



People with heart disease



The elderly