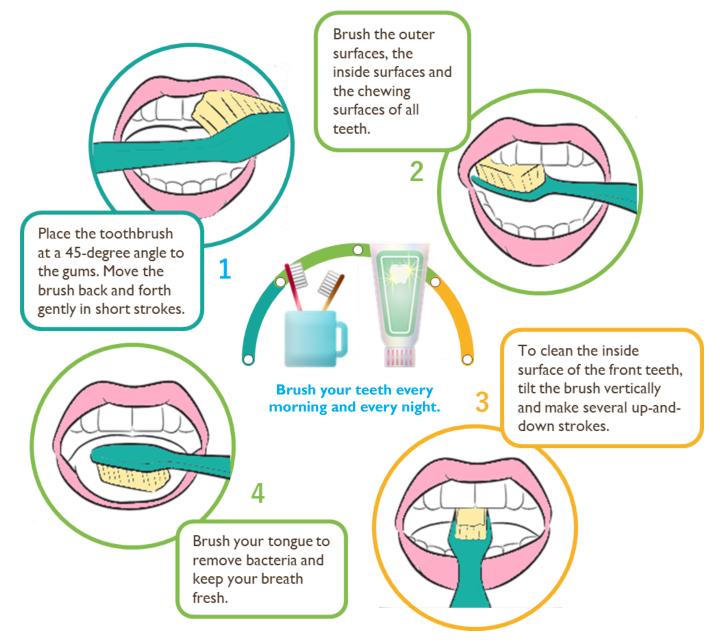
## YOUR ORAL HEALTH



## HOW TO BRUSH YOUR TEETH

## Good oral hygiene habits can make your teeth last a lifetime.

Brush your teeth and gums gently with toothpaste and a soft-bristled toothbrush twice a day. Hard bristles can damage your tooth enamel and irritate your gums.



Visit your dentist at least once a year for a dental check-up and preventative care.

Brought to you by DENIS, your dental health partner of choice denis

Dental Benefit Queries? Call 0860 10 49 33

