

You can have healthy gums and keep your teeth for life.

Remember to :

- √ Brush your teeth every day.
- √ Use dental floss every day.
- √ See your dentist for check-ups.
- √ Use fluoride toothpaste or mouthrinse.
- √ Limit sweets.
- √ Stop smoking or chewing tobacco.



Keep Your Teeth For Life



It's never too late to take better care of your teeth and gums.

Gum Disease is the #1 Reason
Adults Lose Their Teeth

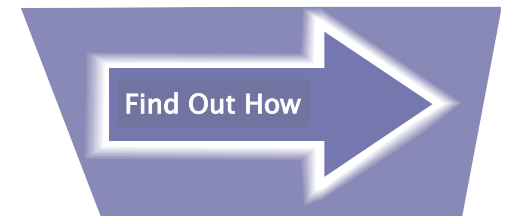
Prevent Gum Disease



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Do you have gum disease?

Anyone can get gum disease and not know it. Gum disease is often painless.

Check to see if you have any of these :

- 1. Red, puffy gums that bleed when you brush your teeth.
- 2. Gums pulled away from your teeth.
- 3. Pus between your teeth and gums.
- 4. Bad breath.
- 5. Loose teeth.
- 6. A change in how your partial denture fits.

If you checked any of the boxes above, you may have gum disease. See a dentist to find out. If it isn't treated, it often gets worse. Teeth may get loose and later fall out.

What causes gum disease?

Gum disease is an infection of the gums.

There are always germs in your mouth. Every day germs form a clear film on your teeth and under your gums. This film is called plaque ("plack").



You can remove plaque by cleaning your teeth well every day with a toothbrush and floss. If you don't, plaque can cause gum disease.

Keep Your Teeth for Life: Prevent gum disease.

Most important: Clean your teeth every day.

1. Brush your teeth.

⇒ Use a soft toothbrush.



⇒ Hold the toothbrush with the bristles pointed towards the gumline.

⇒ Use short back and forth strokes or circles.



⇒ Brush the inside, outside, and top of each tooth.



⇒ Brush the top of your tongue, too.

2. Clean the space between your teeth and gums.

⇒ Use dental floss, wooden toothpicks, or dental rubber tips.



Other tips:

- ⇒ Use fluoride toothpaste. Fluoride mouthrinse helps too.
- ⇒ Stop smoking or chewing tobacco. Tobacco harms your gums.
- ⇒ Limit sweets and snacking.
- ⇒ See a dentist for checkups. Ask a dentist or dental hygienist to show you the best way to care for your teeth.