Tips for healthy teeth that last a lifetime

**Love your teeth, and great things follow.** Your smile will be brighter. Your confidence stronger. You can even gain overall health benefits.

**A healthy foundation**
Your first step is fighting *plaque*, a sticky film where bacteria can grow.

The basics:
- Brush your teeth twice a day, morning and night.
- Floss at least once a day.
- Go for routine checkups and cleanings.

These simple steps can also prevent decay, infection and gum disease.

**Healthier mouth, happier you**
Proper dental care builds confidence. It helps:
- Keep teeth brighter by preventing food and drink stains
- Freshen breath by removing plaque
- Save you money on costly dental procedures

With the confidence of a healthy mouth, you can even avoid the scare of the dental chair. And look forward to good news — not cavities.

**Dental superfoods**
We all know that sugary foods and drinks aren’t the best for our teeth. But did you know that some foods are actually good for your smile?

Mouth-healthy foods include whole grains, fruits, vegetables and dairy.

**More teeth TLC**
- Choose toothpaste with *fluoride*, an ingredient that fights tooth decay and cavities.
- Commit to quit tobacco to prevent tooth staining, gum disease and oral cancer.
- Brush your tongue to get rid of germs that cause bad breath and bacteria.
- If you have a sugary treat, try to brush right away.

**Dental care: good for your body, too?**
It’s so true. Gum disease is linked to a variety of other medical issues like heart disease, diabetes ... even early delivery.¹

So the next time you visit your dentist, you’ll be caring for your whole body, too.


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