Keep a Bright Smile!

Visit the dentist every 6-12 months, even if you have dentures.

Brush 2 times a day. Use a pea-sized amount of fluoride toothpaste.

Use floss or toothpicks at least once a day.

A dry mouth can make it hard to chew, swallow, and talk. Sip water often.

Eat healthy food
- fresh fruits
- vegetables
- whole grains
- dairy
- lean proteins.

Check your mouth for sores.
If a bump, lump, or sore does not heal within 2 weeks, talk to your dentist or doctor.

Clean dentures each morning, at night and after each meal.
Replace poor fitting dentures.

Gum problems can make high blood pressure, heart disease, or diabetes even worse. Keep brushing, flossing, and visiting the dentist!

Choose tap water instead of drinks with added sugar.

Visit www.Dental.ACPHD.org for more information.