

# Dental health and wellness

Good dental hygiene is essential to our personal health. Many of us brush our teeth every day, but brushing alone may not be enough to prevent tooth decay or gum disease.

## What can you do?

There are a few steps you can take to ensure a healthy mouth.

- Brush at least twice a day
- Floss daily
- Get a dental checkup at least twice a year
- Use mouthwash with fluoride
- Limit soda and coffee
- Get adequate calcium

These are just a few examples of the proactive steps you can take to improve the health of your teeth and gums. Practicing good dental habits also results in whiter teeth and fresher breath.

You can liken dental hygiene to body health. If you want a healthy body, you eat right, exercise and get enough rest. Practicing good dental health today reduces your risk for dental problems in the future.

## Dental health and children

It's never too early to begin dental hygiene. Since tooth decay occurs faster in children than adults, it is important to start brushing and flossing when the first tooth appears. By setting a good example and taking care of your own mouth, your children will want to follow your lead. Good dental health fosters proper jaw development and the arrival of permanent teeth, and helps children eat and speak correctly.

Eating habits play a critical role in children, too. Common prepackaged snacks are often full of sugar and can cause tooth decay and cavities. Snacks that are naturally sweetened, such as fruit or nuts and raw vegetables, are a better choice for growing children. By instilling good dental and eating habits when children are young, you will help them develop important habits for a lifetime. Now that is something to smile about.



Good hygiene can prevent tooth decay and gum disease and reduce your family's future expenses for dental care.



A UnitedHealthcare Company