HEALTH UPDATE

June is Oral Health Month

HABITS FOR
HEALTHY TEETH

Good oral health is key to maintaining your overall wellbeing.

Practice these healthy habits to keep your gums, teeth, and tongue clean and strong.

GET AN ANNUAL DENTAL CHECK UP

Your dentist can identify health issues such as diabetes and certain types of cancer during your oral screening. Visiting your dentist at least once a year is crucial to maintaining healthy oral habits, incorporating any necessary follow-up care, and keeping your overall health on track.

EAT FOODS THAT SUPPORT A HEALTHY MOUTH

Eat fresh, crunchy vegetables like carrots or celery to stretch your jaw and stimulate saliva flow. This provides a natural defense against cavities and gum disease. Beta-carotene found in fresh produce helps your body make vitamin A, which is essential to maintaining healthy teeth.

FOCUS ON GUM AND TONGUE CARE

Make flossing and tongue cleaning a priority. Flossing stimulates gums, removes plaque, and reduces inflammation to keep teeth strong. Remember to floss with a water pick or dental floss and gently clean your tongue each time you brush. Follow up with a mouthwash to reduce acid buildup, clean hard-to-brush areas in and around the gums, and opt for fluoride when you visit the dentist.