

Life Skills for Young Women of the Future

The Importance of Dental
Hygiene

The Importance of Dental Health

- Good **oral** and **dental hygiene** can help prevent bad breath, tooth decay and gum disease—and can help you keep your teeth as you get older. Researchers are also discovering new reasons to brush and floss. A healthy mouth may help you ward off medical disorders.

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- Having good dental hygiene is also critical for having good relationships.



How to Keep up With Your Dental Health

- ❑ Use a timer: Chances are you may not be brushing long enough. Make sure you brush your teeth for 2 minutes.
- ❑ Floss every day: This is one of the most important steps that people miss. Flossing ensures that you have removed all of the food particles that brushing could have missed. About a quarter of people do not floss! If you do not floss, make sure it is in your daily routine.
- ❑ Brush your teeth: Brushing at least 2 times a day is a must.
- ❑ Use mouthwash: Using mouthwash in your routine is another important step to prevent cavities, gingivitis, and gum disease.

5 Ways to Prevent Gum Disease

1. Brushing
2. Sugar intake limit
3. Daily Floss and Rinse
4. Fluoride Protection
5. Visit Your Dentist



How to Brush Your Teeth:

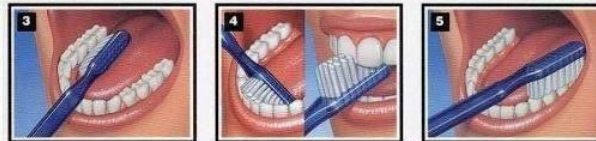


PROPER WAY OF BRUSHING YOUR TEETH



1 Place bristles along the gumline at a 45° angle. Bristles should contact both the tooth surface and the gumline.

2 Gently brush the outer tooth surfaces of 2-3 teeth using a vibrating back, forth & rolling motion. Move brush to the next group of 2-3 teeth and repeat.



3 Maintain a 45° angle with bristles contacting the tooth surface and gumline. Gently brush using back, forth & rolling motion along all of the inner tooth surfaces.

4 Tilt brush vertically behind the front teeth. Make several up & down strokes using the front half of the brush.

5 Place the brush against the biting surface of the teeth & use a gentle back & forth scrubbing motion. Brush the tongue from back to front to remove odor-producing bacteria.