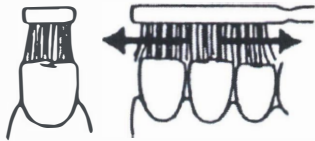


Care For Your Teeth

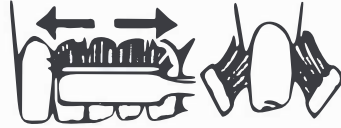
1. Brush Your Teeth

Plaque is a sticky film which coats the teeth. You need to brush away the plaque to help stop tooth decay and gum disease. Always use a soft bristled brush.



SCRUB CHEWING SURFACES

ON the chewing surfaces, the bristles of the brush are pointed into the grooves and scrubbed back and forth.



BRUSH GENTLY - BOTH SIDES

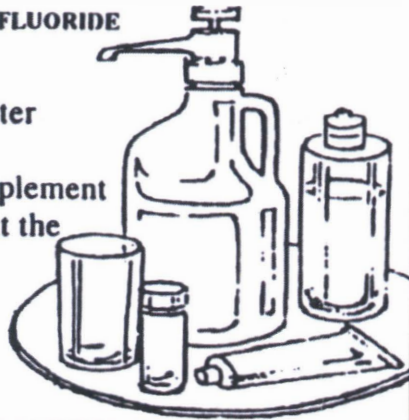
ON all other surfaces, "cheek and tongue side", the bristles are pointed toward the gumline and the brush is moved gently back and forth.

3. Get Fluoride Protection

Fluoride makes teeth stronger. It cuts down on tooth decay.

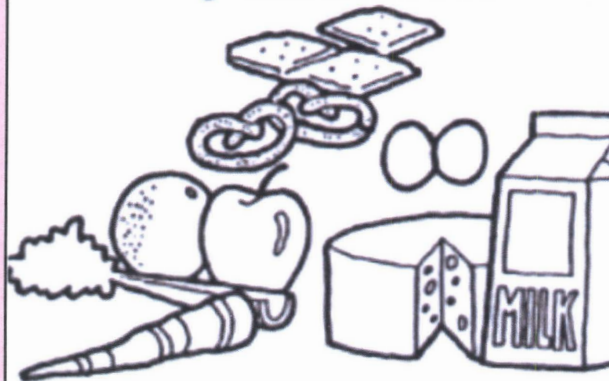
WAYS TO GET FLUORIDE

- Toothpaste
- Drinking water
- Mouthwash
- Vitamin supplement
- Treatment at the dentist's office



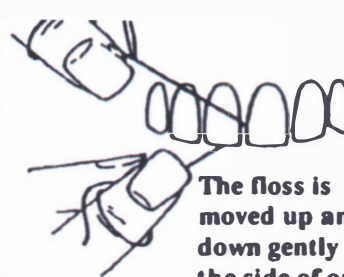
4. Eat Healthful Snacks

Eat snacks that are good for your teeth. Keep away from sticky sweets. Avoid sugar between meals. Raw, not cooked, fruits and vegetables are the best.

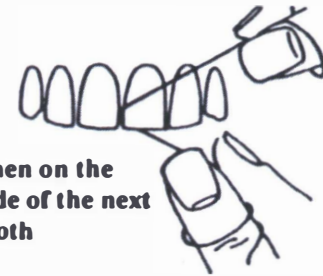


2. Floss Your Teeth

Your toothbrush cannot reach between the teeth. You must use dental floss.



The floss is moved up and down gently on the side of one tooth several times.....



Then on the side of the next tooth

5. Visit Your Dentist

See the dentist every six months.

Your dentist will:

- Teach you how to brush and floss
- Check for cavities
- Give fluoride treatments
- May apply a plastic coating on the molar chewing surfaces to prevent cavities.

