

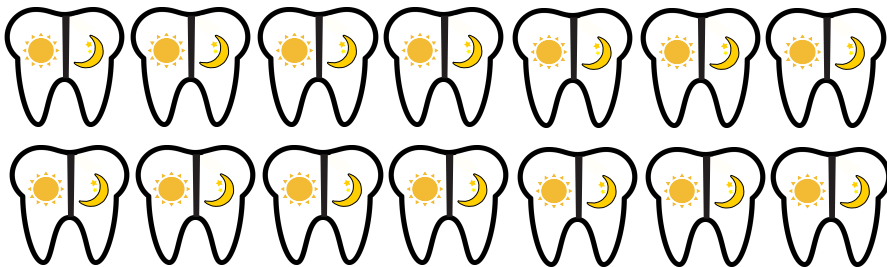
Brush Up On Your Dental Hygiene

Why is it important to brush and floss?

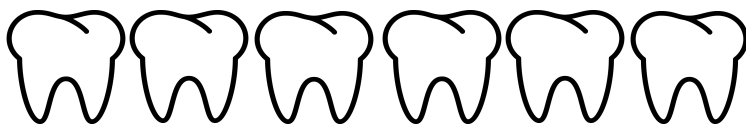
Brushing and flossing promotes good health. If we fail to brush and floss, we are more likely to experience tooth decay that leads to cavities and potential loss of teeth. Not brushing and flossing can also lead to plaque build-up between and around teeth affecting the gums, bone and tissue surrounding the teeth.

Challenge: Brush teeth at least twice a day with a soft-bristled toothbrush and floss teeth at least three times a week for two weeks

Brush teeth twice a day for two weeks:

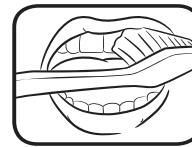


Floss at least three times a week for two weeks:

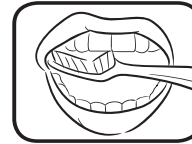


If left untreated, it not only causes gum disease. Heart disease, respiratory disease and diabetes have all been linked to gum disease. This happens when bacteria from the gums enter the bloodstream and travel throughout the body.

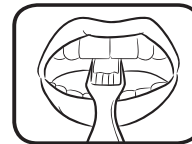
How to Brush



- Place the toothbrush at a 45-degree angle to the gums.



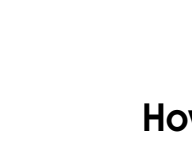
- Move the brush back and forth gently in short strokes.



- Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.

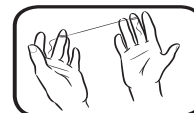


- To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.



- Brush your tongue to remove bacteria and keep your breath fresh.

How to Floss



- Use about 18 inches of floss wound around one of your middle fingers, with the rest wound around the opposite middle finger.



- Hold the floss tightly between the thumbs and forefingers and gently insert it between the teeth.



- Curve the floss into a "C" shape against the side of the tooth.



- Rub the floss gently up and down, keeping it pressed against the tooth. Don't jerk or snap the floss.



- Floss all your teeth. Don't forget to floss behind your back teeth.