



A healthier mouth for a healthier you!

ORAL HEALTH AND BRUSHING, FLOSSING AND RINSING

PERIODONTAL DISEASE MAY BE LINKED TO SOME **LIFE-THREATENING ILLNESSES**. YOU CAN TAKE STEPS TO **REDUCE YOUR RISK**.

*Dental hygienists:
Your partners in oral and overall health*



YOUR MOUTH: A PORTAL TO YOUR BODY.

The results of an ineffective dental hygiene routine can be much worse than tooth loss—it can also have an effect on overall health.

Unchecked plaque on your teeth can result in gingivitis, periodontal disease and tooth decay. Increasingly, a direct connection is being drawn between periodontal disease and life-threatening illnesses such as lung disease, heart disease and stroke, and diabetes.

But you *can* do something about it. Periodontal disease can be prevented or controlled through regular brushing—with either a manual or powered brush—flossing and rinsing.

A dental hygienist can develop an oral health program that will suit your individual needs and preferences. Don't wait another minute. Make an appointment with your dental hygienist today.

Many Canadians suffer from gingivitis—inflammation of the gums caused by dental plaque build-up. Yet, only a few think it affects them.



Since periodontal disease can be prevented and controlled, **dental hygienists** have the expertise to play a key role in decreasing both its rate of incidence and severity.

YOUR DENTAL HYGIENIST CAN HELP!

Your dental hygienist is a licensed oral health-care professional. Together, you can develop a program of good oral hygiene.

A VISIT TO YOUR DENTAL HYGIENIST CAN HELP ENSURE A LIFETIME OF HEALTHY GUMS AND TEETH.

Your dental hygienist will assess your health history, examine your head and neck, and check your mouth, gums and teeth. If necessary, your dental hygienist may refer you to other health-care providers.

You can't afford to wait—why not make an appointment today?

5 EASY STEPS TO GOOD ORAL HEALTH

It takes just a few minutes a day to help ensure good oral health. Here are five things you can do to enjoy healthy gums and teeth.

- 1. BRUSH YOUR TEETH DAILY.**
If you use a power toothbrush, choose one that offers rotation/oscillation action.
- 2. FLOSS DAILY BETWEEN YOUR TEETH TO REMOVE DENTAL PLAQUE.**
You can use floss on its own or in a holder or flosser. Interdental brushes, picks or irrigators can be used under bridges and around braces.
- 3. RINSE USING AN ANTISEPTIC MOUTHWASH.**
This may help reduce the accumulation of dental plaque. Mouth rinses with a fixed combination of these essential oils such as thymol, eucalyptol and menthol have been shown to reduce plaque accumulation and gingivitis.
- 4. MAKE HEALTHY FOOD CHOICES.**
Nutritional food choices low in sugar are good for your overall health *and* your oral health.
- 5. GET REGULAR PROFESSIONAL DENTAL HYGIENE CARE.**
Your biggest weapon in the battle to maintain good oral health is a regular visit with your dental hygienist. Why not make an appointment today?

MAKE THE CALL NOW!

Brush, floss, rinse and eat healthy foods. Every day.

And, most of all, visit your dental hygienist regularly. That visit may be the start of a lifetime of good oral health.

Why not take a minute *right now* to make an appointment to see your dental hygienist?

You'll be smiling all the way to a healthier future.

