Tips to keep your teeth healthy

Dental hygiene is important. Taking care of your teeth can prevent bad breath, gum disease, and tooth decay. But did you know that poor dental health can affect the overall health of your entire body? An unhealthy mouth and particularly gum disease are linked to stroke and heart disease.

Get into a Daily Routine.

You should brush your teeth twice a day. Brushing is one of the easiest ways to keep your teeth healthy. It removes bacteria and cleans off leftover food. Be sure to brush all sides of your teeth and your tongue. Change your toothbrush every three to four months. This helps avoid passing germs from your toothbrush to your mouth. You should also change your toothbrush after you have been sick. Flossing helps get rid of plaque between your teeth. Usually this is where cavities start to form. Slide the floss between your teeth and gently up between the tooth and the gum line for the best results.

Visit the Dentist.

A dental exam removes the plaque that you may have missed with brushing and flossing. Your dentist can catch tooth decay and gum disease early on. If you have already had dental work done it is important you go back to the dentist to make sure everything is still in place. Your dentist will examine your mouth for signs of other health issues like vitamin deficiencies and even diabetes.

What You Eat Affects Your Teeth!

Food and drinks high in sugar can damage the enamel on your teeth, which can lead to decay. Avoid chewy, sticky, sugary foods when you can. If you chew gum, choose sugar free. When you do eat something sugary, rinse your mouth with water or brush your teeth. Drinking water is an easy way to wash away food and bacteria during the day. Foods high in calcium and protein are good for your teeth. Instead of a sugary snack try carrots, almonds, or cheese.

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