DELTA DENTAL FOUNDATION

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BE Smile SMART

Your smile is the first thing others notice about you!

When it comes to your mouth, the choices you make every day are more important than you think. Taking care of your mouth now will give you a beautiful smile today and in the future.

Don't know where to begin? We've got you covered. Read up on these facts and tips to bring your oral health A-game.

THINK TWICE WHEN IT COMES TO:

Drink choices

Drinks like pop, sports drinks, energy drinks and juice are all loaded with sugar. Unless you want a mouth full of cavities, load up on water when you're thirsty.

Tempted to try alcohol? Better not. It's illegal to drink when you are under 21, plus, the sugar and acid destroy your pearly whites!

Eating habits

We all know candy is bad for our teeth, but other foods like bread and breakfast cereals stick to our teeth and can damage them. Also, remember that eating disorders like anorexia, bulimia and binge eating can damage teeth. If you are battling an eating disorder, reach out and seek help—maybe start with talking to an adult you trust.

Drugs

Don't even think about trying illegal drugs. They destroy your body, mind and teeth. Do you know what "meth mouth" looks like? You don't want to.

Oral piercings

They may seem cool, but piercings in and around your mouth can make it hard to talk, chew and swallow. You can even lose your sense of taste and drool excessively. Plus, infections are common and can even be life threatening.

Tobacco

Surely oral cancer isn't on the list of things you want in life. Almost 90 percent of people who have oral cancer have used tobacco. All products put you at risk—cigarettes, pipe tobacco, smokeless tobacco and cigars.*

Oral cancer is scary, expensive to treat, and it can kill you. HPV, tobacco and alcohol are the three leading causes of oral cancer.

Understanding how your lifestyle choices affect your oral health is the key to taking care of your smile, but don't forget the basics:

- ✓ Brush twice a day for two minutes each time. Don't forget your tongue!
- ✓ Floss once a day.
- ✓ Visit your dentist regularly.
- ✓ Wear a mouthguard when you play sports.

Want to keep that killer smile? Take care of it now.

For more tips on oral health, visit www.deltadentalmi.com/lifesmile.