

**Good Hygiene Matters**  
**Your Grooming and YOU**

**Dental Hygiene**  
**and How It**  
**Affects Your**  
**Self-Confidence**



**NorthCare Network**

# Dental Hygiene

**GOOD DENTAL HYGIENE** is critical to having strong **personal health and hygiene**. Along with improving your appearance and self-confidence, **oral hygiene** can **prevent diseases** and keep you **healthier**. **Fresh breath** is an instant benefit of clean teeth, but you will also see **less risk of tooth decay and gum disease**.



Practicing daily **DENTAL HYGIENE** improves your **self-confidence, mental outlook**, and makes **interactions with others** easier.

## Consequences of poor dental hygiene are:

- *bad breath and dental problems*
- *health risks through gum and jaw bone diseases*
- *creating bad “first impression” with others*
- *making it harder to socialize and interact with others*



## Why Is Dental Hygiene So Important?

**Because you eat every day**, it is important to practice good **DENTAL HYGIENE**. By brushing and cleaning your teeth regularly, you will prevent bacteria from building up on the tooth surface, or in your mouth.

**The bacteria which forms within 20 minutes of eating is acidic**. When you don't brush your teeth, this bacteria forms into a thin layer, called **plaque**, and releases acids that break down the tooth surface, called **enamel**. If not removed, this plaque also hardens into deposits, called **tartar**, which can lead to tooth decay and gum diseases. If food remains between your teeth and gums, it can create **serious dental problems over time**.

Having healthy teeth and gums ensure that no bacteria gets released into your body through your mouth. **Regular dental checkups will ensure you get plaque removed from hard-to-reach places**.



## Seeing Your Dentist Regularly Is Important

Be sure to see your dentist if you are experiencing any of the following:

- *Pain or swelling in your mouth or jaw*
- *Trouble chewing and swallowing*
- *Sore gums or any spots or sores in your mouth*
- *Experience a change in your bite or your teeth are loose*
- *Have a dry mouth or any other unusual condition*
- *Are due for a dental check-up (recommended every 6 months)*
- *Have had previous dental work (such as fillings) done*

## How to Practice Good Dental Hygiene

Remember that your mouth is the main gateway to your body. Having good dental hygiene prevents bad breath (**halitosis**), gum disease (**gingivitis**), and mouth (**periodontal**) diseases.

By practicing strong dental hygiene, you will enjoy better health.

- *Brush your teeth gently at least twice a day for 2 minutes with a soft toothbrush. Make sure you brush properly so you don't harm your gums (discuss brushing with your dentist).*
- *Use a fluoride toothpaste.*
- *Floss your teeth daily.*
- *Replace your toothbrush every 2 to 4 months.*
- *Have regular checkups with your dentist.*
- *Eat healthy foods like carrots or apples that boost teeth cleaning, while avoiding sweets that increase tooth decay.*
- *Avoid tobacco use.*



By taking care of your teeth, you will enjoy a better looking smile and improve your overall health.

And remember the sooner you see your dentist to take care of any issues, the better.

## It's Your Choice.

HEALTHY DENTAL HYGIENE can reduce risks for such serious diseases like heart disease and strokes, diabetes, cancer, respiratory conditions, and other life-threatening disorders.

For more information, call NorthCare Network: (906) 225-7254 or (888) 333-8030