

# DOS AND DON'TS TO TAKE CARE OF YOUR ORAL AND OVERALL HEALTH



At DentaQuest, we know that oral health extends well beyond your teeth. Bacteria built up on teeth can lead to cavities, root decay. It can also cause infection of the gums, which can then enter the blood stream and travel throughout the body. Good oral health has a tremendous positive impact on overall health, while bad oral health can cause illnesses such as heart disease, kidney disease and strokes. That's why it's important to practice good oral hygiene and visit your dentist regularly.

Here are a few **Dos** and **Don'ts** to help keep both mouth and body healthy.

## DOS



### Brush Up

Brush two times a day for two minutes with fluoride toothpaste.



### Floss Out

Gently floss every day to clean between teeth.



### Eat Smart

Eat a mouth-healthy diet of fresh fruits, vegetables, lean protein, and low-fat dairy.



### The Right Stuff

Replace your toothbrush every three months or after you've been sick.



### Twice a Year

See your dentist every six months for checkups and cleanings. Even if you have dentures, it is still important to have regular dental visits to make sure your dentures fit properly and have your dentist check for signs of oral diseases. If you experience any changes in your mouth or throat, such as swelling or sores that persist beyond 14 days, don't wait for your next scheduled visit. Contact your dentist right away.

## DON'TS



### Choose the Chips

Skip starchy, sugary snacks like chips, pretzels and candy that can cause tooth decay.



### Misuse Your Bite

Don't open packages or other stuff with your teeth. Use a scissors and save your teeth for chewing food.



### Ask for (Tongue) Trouble

Tongue piercings can crack teeth and raise the risk of mouth infections and sores.



### Light 'Em Up

Smoking cigarettes and chewing tobacco have been linked to lip, tongue, and mouth cancers. The aerosol in e-cigarettes increases mouth bacteria that cause tooth decay and gum disease.



### Fear the Dentist

Your dentist can prevent a lot of health conditions like cavities, dry mouth, bad taste, gum disease, root decay, oral cancers, infections, and jaw pain.

For help finding a participating dentist or for any questions about your dental benefits, please call our partner, DentaQuest, at 844-284-8819, TTY: 800-466-7566 or visit [DentaQuest.com](https://www.DentaQuest.com).

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