A healthy mouth is an important part of a healthy lifestyle. Keep your smile healthy for a lifetime by following these 5 steps to good oral health:

1. Visit your dentist regularly.
2. Eat a well-balanced diet.
3. Check your mouth regularly for signs of gum disease and oral cancer.
4. Limit alcohol, and avoid smoking, smokeless tobacco and vaping.
5. Brush your teeth twice a day using fluoride toothpaste and floss every day.

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