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. Brush your teeth and tongue twice a day using fluoride toothpaste and floss every day.
2. Eat a well-balanced diet.
3. Check your mouth regularly for signs of gum disease and oral cancer.
4. Don’t smoke or chew tobacco.
5. Visit your dentist regularly.