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 and tongue twice a day using fluoride toothpaste and floss every day.

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