A healthy mouth is an important part of a healthy body

96% of adults have cavities

- Snacking can contribute to tooth decay
- Avoid sweetened and unsweetened drinks, juices and chewy, sticky foods

73% of Canadians brush twice a day

- Make sure to brush for at least 2 minutes
- Follow the contours of your teeth to cover every surface

28% floss at least 5 times per week

- If you don’t floss, you are missing 1/3 of your teeth
- As soon as children have teeth that touch, they should be flossing too

5 Steps to a Healthy Mouth

1. Keep your mouth clean
   Use a soft-bristle toothbrush and fluoride toothpaste.
   - Wait at least 20–30 minutes after eating before brushing your teeth.
   - Brush and floss every day.

2. Check your mouth regularly
   Look for changes in your mouth such as bleeding, sores, patches, numbness, lumps or constant bad breath.

3. Eat well
   Good nutrition helps build strong teeth and gums.

4. See your dentist regularly
   Regular dental exams and professional cleanings are the best way to prevent and detect problems before they get worse.

5. Don’t smoke or chew tobacco
   Smoking and chewing tobacco can cause oral cancer, heart disease, gum disease, and a variety of other cancers.

Unsure which product claims are genuine?

LOOK FOR THE SEAL
Visiting the dentist regularly is the best way to catch any dental issues early!