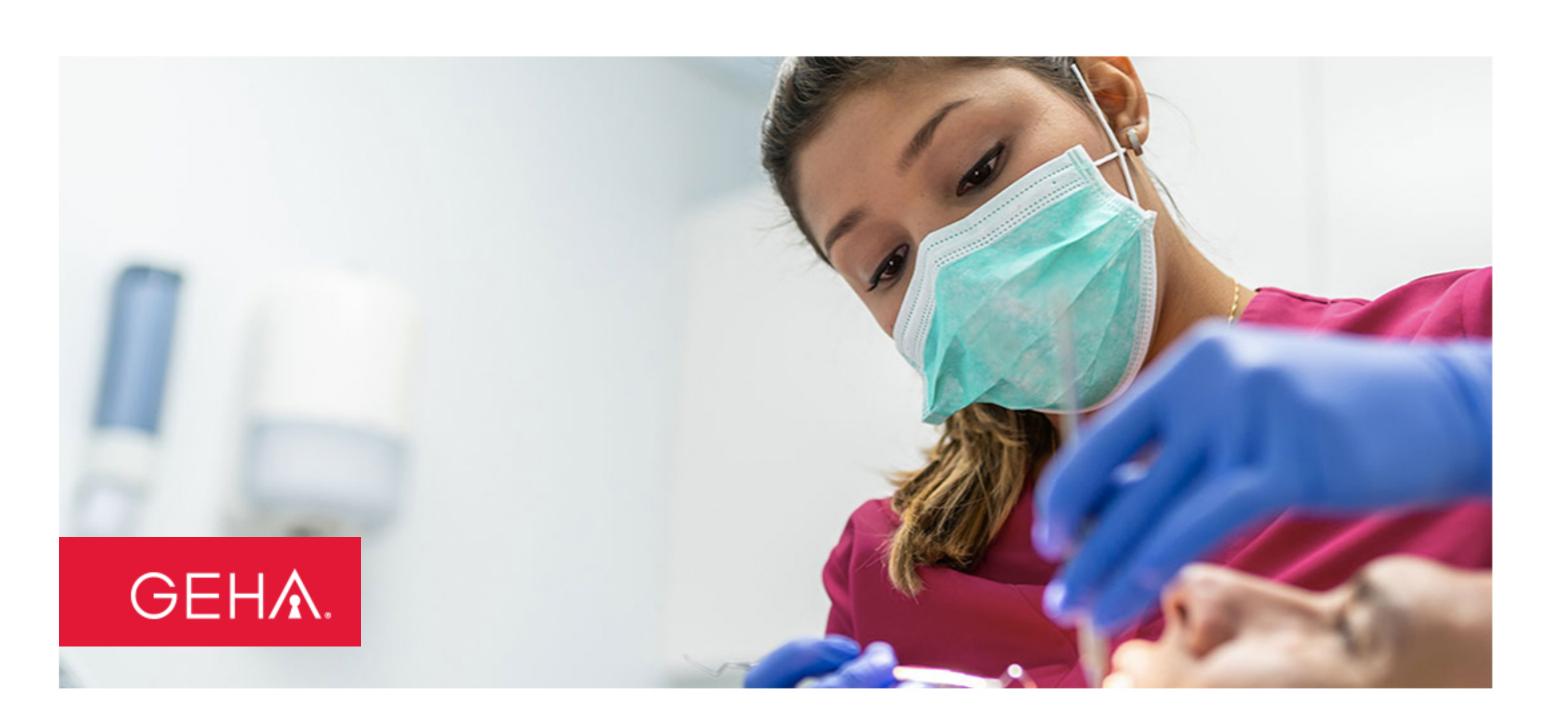# TIPS FOR GOOD DENTAL HEALTH

Poor oral health can cause tooth decay, gum disease, tooth loss and oral cancer.

Good dental health is important for your overall health. Poor oral health can cause tooth decay, gum disease, tooth loss and oral cancer.

A chronic disease such as arthritis, heart disease or stroke, diabetes, emphysema, hepatitis C or being obese can lower your body's resistance to infection, making oral health problems more severe.

Here's how to keep a healthy mouth and strong teeth:

- Brush your teeth at least twice a day with a soft-bristled brush using fluoride toothpaste.
- Floss daily.
- Use mouthwash to remove food particles left after brushing and flossing.
- Eat a healthy diet and limit food with added sugars.
- Drink plenty of water throughout the day, especially if you have a dry mouth.
- Avoid tobacco use.
- Replace your toothbrush every three months.
- Schedule dental checkups and cleanings for at least every six months.
- Contact your dentist as soon as an oral health problem arises.

Explore more at the Chiefs Wellness Program homepage -->