

# PROTECT YOUR ORAL HEALTH AT HOME

## HELPFUL TIPS FOR YOU AND YOUR FAMILY



As we focus on staying healthy during this time, maintaining oral health is foundational - both by going to the dentist regularly & taking great care of our mouth at home!



### YOUR MOUTH - THE GATEWAY TO YOUR BODY

Our oral health can have an enormous impact on our whole body. Dental plaque is a sticky layer that is constantly forming on your teeth. When saliva, food and fluids combine, plaque - which contains bacteria - forms between your teeth and along the gum line. The bacteria in plaque produce acids that attack tooth enamel causing cavities. The bacteria in plaque can also cause the early stage of gum disease called gingivitis.

Dental plaque is constantly forming on your teeth which is why it is so important to brush thoroughly at least twice a day and floss daily. Not doing so can have a serious impact on our oral health and overall health over time.

15-20%

OF 35-44 YEAR OLDS ACROSS THE WORLD SUFFER FROM SEVERE GUM DISEASE THAT CAN LEAD TO TOOTH LOSS.<sup>1</sup>



DID YOU KNOW? **LONG TERM** ORAL HEALTH ISSUES **MAY** CONTRIBUTE TO:

- 1 **Premature birth, diabetes, cardiovascular and respiratory diseases<sup>2</sup>**
- 2 **Negative impact on overall mental and physical wellbeing**

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### SIMPLE TIPS YOU CAN DO TO HELP PROTECT YOUR ORAL HEALTH



Using a **toothpaste with Stannous Fluoride** not only helps **prevent cavities & acid erosion**, it **also treats sensitivity & kills plaque bacteria, preventing its regrowth up to 12 hours which prevents gingivitis**. If you prefer non-stannous fluoride paste, be sure to use a toothpaste with some type of Fluoride as this is critical for preventing cavities.

**Electric rechargeable toothbrushes are clinically proven to be superior** vs. manual brushes in removing plaque and **increasing the chances of keeping our teeth for years to come<sup>3</sup>**.

**Floss and brush daily between teeth** to **remove food and plaque bacteria** that can be missed by brushing alone.



**Change your toothbrush or brush head refill at least every 90 days**, or sooner, if bristles start to splay. This **ensures your toothbrush is effective with every brush**. You should have a **regular dental visit** at least **every 6 months**.



**Stick to a healthy and balanced diet** that keeps your mouth and body healthy.

Limit sugar consumption and eat **high-fiber foods** like avocados, broccoli & carrots, that **actually help keep your teeth and gums clean**.

Try to **avoid sipping on drinks other than water throughout the day**, as **every sip makes your teeth more susceptible to harm** by changing the pH of your mouth.



### PROTECT YOUR CHILD'S ORAL HEALTH

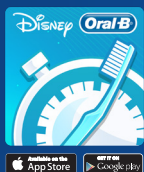


Make sure they **brush twice daily with a toothbrush and a fluoride toothpaste**.



**Make brushing fun! KIDS BRUSH 2X LONGER WITH THE DISNEY MAGIC TIMER APP.**

- Download the **FREE** app
- Scan a Crest® + Oral-B® 2+ character product
- Watch your favorite characters come to life



**Try to cut back on sugary food and drink.** Switching out sweets with healthier snacks is a great place to start.

**FOR CHILDREN 3+, ELECTRIC TOOTHBRUSHES ARE SAFE AND THE MOST EFFECTIVE BRUSHING OPTION**  
when used as directed