

HEALTHY ORAL HABITS

Brush teeth twice a day

Cleans built-up plaque that can erode
enamel over time



Floss before bed

Cleans plaque in between teeth



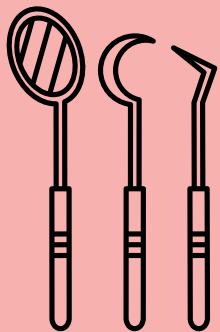
Fluoride

If it is not available in community
water supply, use anticavity
mouthwash once daily



Sealants

Acts as protection for molars against
invading bacteria



References

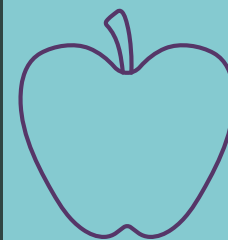
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Oral Health For Teens

NUTRITION AND
PREVENTATIVE DENTISTRY

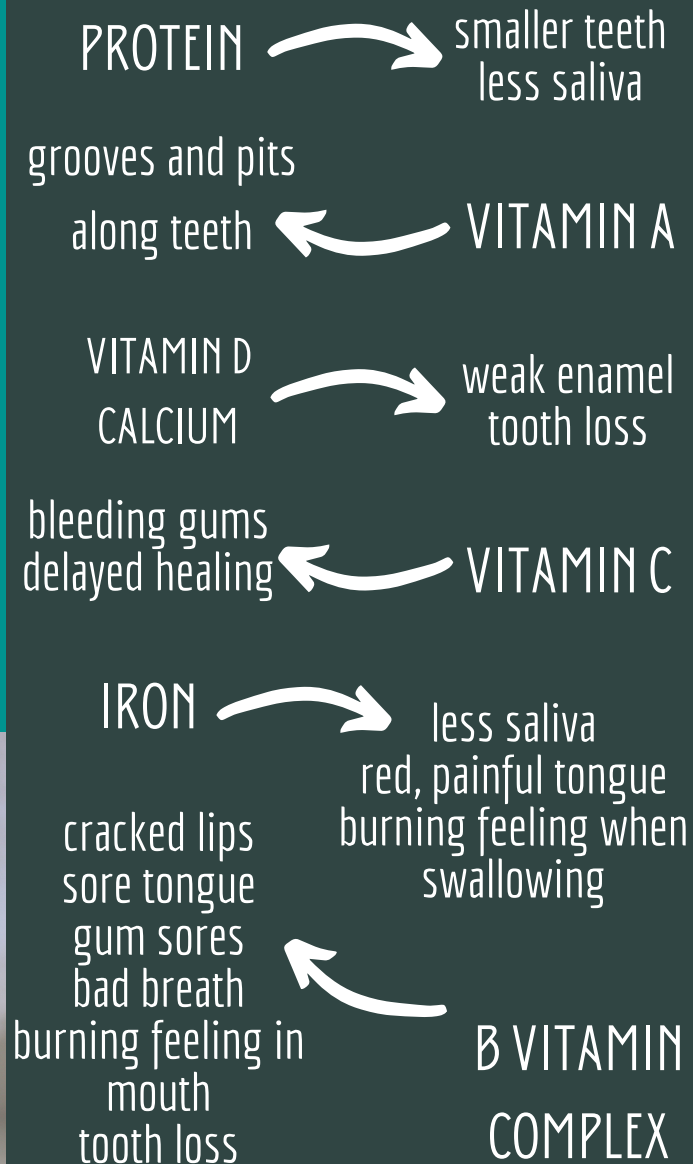


The key to good oral health is proper nutrition and good oral hygiene habits.

E-Cigarettes

- Contents often include propylene glycol, glycerol, nicotine, flavoring agents, and dyes
 - Nicotine lowers tooth mineralization resulting in cavities and tooth loss
 - Propylene glycol prevents calcium release for mineralization
 - Other contents lead to inflammation and oxidative stress around the mouth
- Research shows that every day users are 78% more likely than nonusers to have tooth decay and loss

Malnutrition of...



Sweetened Beverages

- Includes soft drinks, juice, sports drinks, and energy drinks
- These beverages:
 - weaken enamel due to acidic contents
 - give food to bacteria that breakdown enamel
 - are usually replacements for nutrient-rich drinks
- Most 12-ounce soft drinks have 10 teaspoons of sugar: almost twice the recommended amount
- Consider limiting consumption, drink them with meals, use a straw, and swish water around the mouth after consumption

