



# More Than Just a Pretty Smile...

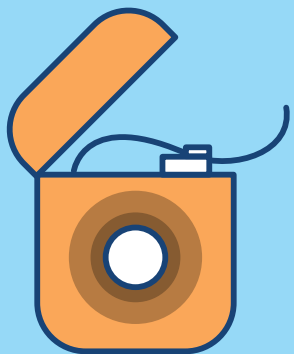


Taking care of your teeth doesn't just give you a nice smile. Research shows that failure to maintain good dental hygiene can be linked to diabetes, pancreatic cancer, oral cancer, and heart disease.



## Go for two

Children should brush their teeth twice a day for two minutes. They should brush with toothpaste that has fluoride — a natural mineral that strengthens tooth enamel and prevents cavities.



## Get flossy with it

Flossing helps remove plaque and food build up between the teeth, reducing the risk of gum disease and tooth decay.



## An apple a day keeps tooth decay at bay

Children who have diets that are low in sugar are less likely to develop cavities or other problems with their teeth. Eating an apple can help clean their teeth until they brush and floss, and citrus fruits, like oranges, pears, and watermelon, massage gums and increase salivation.



## First things first

Children should see a dentist soon after their first tooth appears or by their first birthday — whichever happens first.