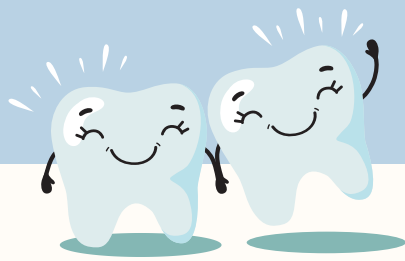


PREVENT. PROTECT. SMILE.



CREATE HEALTHY HABITS

- Brush your teeth twice daily using toothpaste with fluoride
- Floss once a day
- Avoid tobacco, including chewing tobacco
- Limit alcohol use
- Eat healthy foods and avoid sugary snacks
- Get regular cleanings at a dentist's office
- Avoid acidic beverages, like soda
- Discuss any medicines you are taking with both your dentist and primary health care professional



Grinding Your Teeth?

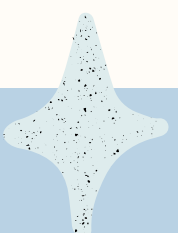
Stress can cause clenching and grinding, which may lead to sensitive teeth, jaw pain, headaches, or even broken fillings.

Gums Feeling Tender?

High stress weakens your immune system, making it harder for your body to fight off gum disease and inflammation.

Falling Behind on Brushing?

When we're overwhelmed, it's easy to skip brushing, flossing, or dentist visits, but this can lead to more cavities and gum issues over time.



QUIT SMOKING

TOBACCO USE INCREASES THE RISK OF ORAL, THROAT AND LUNG CANCERS



PA residents call

1-800-QUITNOW

for free quit smoking medications
and counseling

The Risks:

- × Doubles risk of tooth loss and root canals
- × Makes gum disease harder to treat and slows healing
- × Causes mouth pain, cavities, gum recession, and stains
- × Smokeless tobacco increases mouth cancer risk

The Benefits:

- ✓ Faster healing for teeth and gums
- ✓ Improved taste and smell
- ✓ Lower risk of heart disease, stroke, and cancer
- ✓ Protects family from secondhand smoke

