



Tooth or
consequences?

Live to avoid the drill.

BE A SMART MOUTH

Personal care of your teeth and gums goes a long way toward a healthy body.

- The U.S. Surgeon General states that the mouth is a mirror for general health and well-being.
- Poor oral health contributes to chronic diseases such as diabetes and stroke.
- Eating five servings of fruits and vegetables, and limiting sugar, will help maintain healthy teeth and gums.
- Brush twice daily with fluoride toothpaste to prevent tooth decay.

Good health starts with a smart mouth.