

Tip#5

Chewing sugarless gum can help promote good dental hygiene and help to reduce cavities. Why? Sugarless gum helps produce saliva, which turns out to be a natural mouth rinse. It is also a worthwhile alternative if you can't brush your teeth after eating.

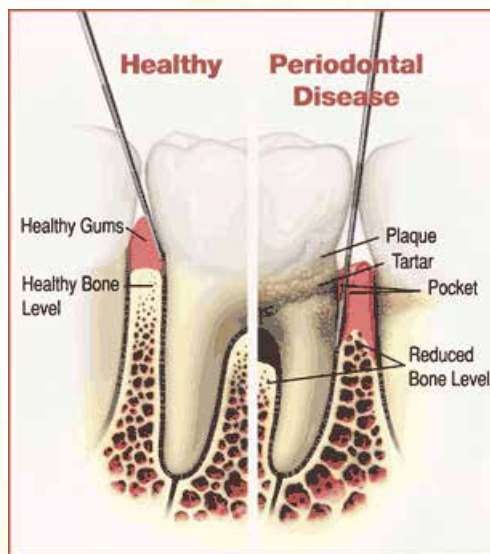
Tip#6

When flossing remember to pay special attention to the back of your teeth, which a lot of people overlook.



Give us a call.
Send us a note.
Forward an email.
Like us on Facebook.
If you have any thoughts or suggestions on how we can improve our office, we'd love to hear.
We are here for you.
Thank you.

From the Hygienist:



Researchers have suggested that there is a link between gum disease and other health conditions like heart disease and diabetes. They are studying whether the inflammation in the gums is related to the systemic problems associated with certain diseases. The warning signs are not always noticeable and often there is no pain involved in gum disease. You should see your dentist if you notice any of the following:

- Bleeding gums while brushing
- Red, swollen or tender gums
- Gums that pull away from the teeth
- Persistent bad breath
- Pus between teeth and gums
- Loose or separating teeth
- Movement or change in how your teeth bite together
- Change in the fit of removable appliances or dentures

Prevention of these are simple. By eating healthy, avoiding tobacco, brushing and flossing along with regular visits to the dentist, you can keep your teeth and have a happy, healthy smile