



Dental Disease is Preventable.

If left untreated, cavities and other dental infections can lead to serious health problems. These infections can spread to other parts of the body and, in very rare cases, be life threatening. The good news is that most dental disease can often be prevented with these healthy habits:

- Brush your teeth twice every day for two minutes with fluoride toothpaste.
- Floss between all your teeth, every day.
- See your dentist regularly – ideally every six months.
- Drink plenty of water, eat a balanced diet, and limit between-meal snacks.
- Avoid starchy, sweet, and sticky foods, as well as sugary drinks.
- Don't smoke or use tobacco products.

Good health starts with your smile, so get your mouth in shape starting today. With proper care a healthy smile should last a lifetime.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
Bureau of Oral Health and Dental Services