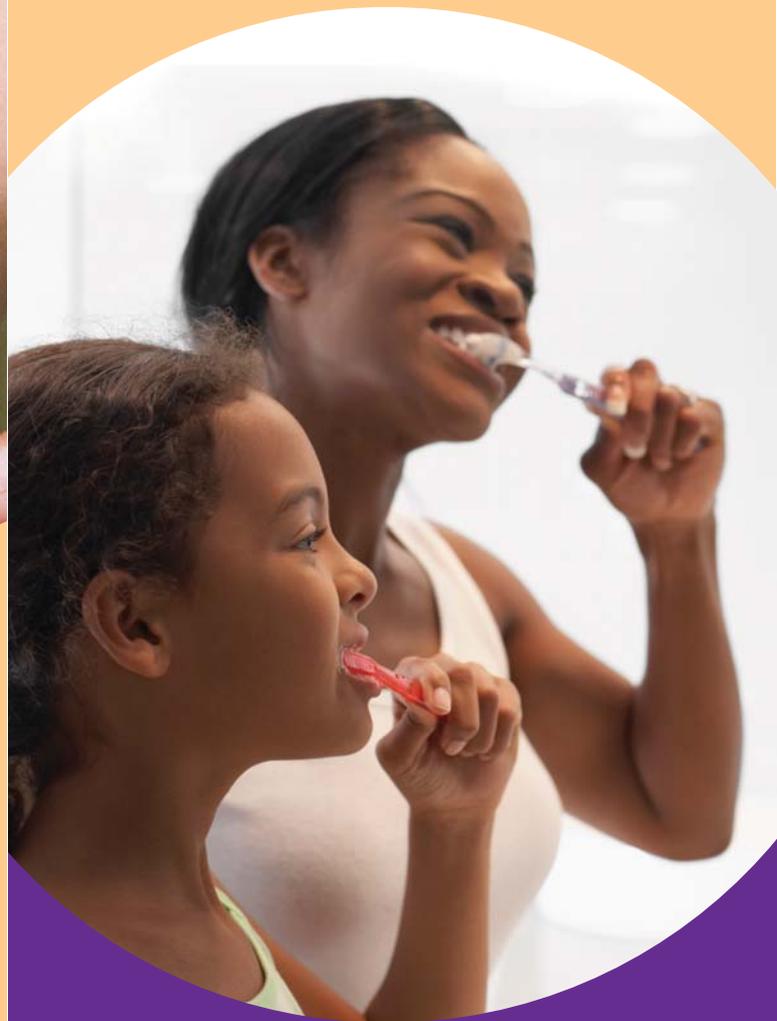




Healthy Smile. Healthy Teen.



For more information about how to keep your smile healthy, visit www.DOHCSmiles.com.

If you are participating in Medicaid or the Delaware Healthy Children Program, dental visits are covered.

Brought to you by the Delaware Division of Public Health and the Delaware Oral Health Coalition

- Prevent tooth decay
- Build confidence
- Be successful



As a teen, having a healthy smile is important to your overall health. It helps you stay active. It helps you have confidence. And, it helps you be successful in all you do. Here are ten tips on how to keep your smile healthy.

1. Limit snacks and beverages that contain sugars and acids (such as sticky foods, sour candy and soda) to help prevent tooth decay.
2. Eat healthy foods from all the food groups including fruits, vegetables, whole grains and yogurt.
3. Avoid mouth piercing. It can cause swelling, cracked teeth, choking, uncontrolled bleeding, HIV, tetanus, and hepatitis B, C, D and G.
4. Use a well-fitted mouth guard to prevent mouth and face injuries during sports and other activities.
5. Ask your dentist about getting dental sealants to prevent decay.
6. Get tooth decay treated by a dentist early on. Decay does not go away and it can get worse, be painful and cause other health problems.
7. Chew sugarless gum. It helps increase saliva, which can help prevent tooth decay.
8. Avoid chewing hard objects like ice, pencils and hard candy. They can crack your teeth.
9. Visit your dentist regularly.
10. **DO NOT SMOKE.** Smoking causes cancer, bad breath, gum disease, tooth loss and stained teeth.

Here are some more reasons to

keep on smiling!

- A smile is the most widely used facial expression
- It is much easier to smile than to frown—a smile uses about 17 muscles and a frown uses about 43.
- Smiling makes you feel better.
- Women smile more than men.
- Younger people smile more than older people.
- A person who smiles is viewed as more attractive, sincere, social and talented than a non-smiling person.
- A person is more likely to talk to you if you smile, even if they don't know you.
- A person who studies laughter is called a “gelotologist”.

