

# Spring Forward into Good Oral Health

## An Ounce of Prevention is worth a Pound of Cure

Spring is a time of renewal. And nothing says spring and warmer days than cleaning the house after a long winter. Why not make Spring the time to see your dentist for a thorough cleaning and dental exam as well? After all, your dentist looks for more than just tooth decay. They also look at the health of your gums and other dental conditions during the examination. When caught early, most dental diseases are easier to treat and cost less money in the long run.

Here are some other dental tips to spruce up your oral health routine:

### Spring-clean your mouth every day.

Floss and brush your teeth, gums, and tongue daily to remove any remaining food particles that attract bacteria, which in turn cause bad breath and contribute to tooth decay. And remember to replace your toothbrush if the bristles look worse for wear.



### Skip the sugar.

Eating sugary foods and drinks throughout the day increase your chances of developing tooth decay. Maintain healthy and strong teeth by eating a balanced diet, and cut down on foods containing high amounts of hidden sugars.

### Make water your drink of choice.

The combination of sweetness and acidity in pop, juice and energy drinks can lead to tooth decay. Instead, keep yourself hydrated with water. Water washes away any remaining food particles in your mouth – and, it's **FREE!**



### Protect your lips.

Prolonged sun exposure can increase your risk of developing mouth cancers. Remember to coat your lips with a balm that protects against UVA/UVB rays.