



Brought to you by the Holy Family Health Ministry

April is oral cancer awareness month

## TIPS FOR GOOD DENTAL HEALTH

# PERFECT

your at-home routine



### BRUSH

your teeth at least twice per day and floss once per day

### USE

a fluoride rinse for added cavity-fighting protection

# VISIT

the dentist



### HAVE

a routine cleaning and checkup every 6 months

### YOUR

dentist can detect problems that you may not feel or see





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# EAT

a balanced diet



**PICK**  
foods such as low-fat dairy products, leafy greens, and lean proteins

**AVOID**  
sticky, sugary foods that can lead to plaque, tartar, and decay

## Consequences of poor Dental health



**TOOTH DECAY**  
Dental cavities can form if you don't take good care of your mouth  
You could need a filling, a root canal, or even an extraction in severe cases

**CARDIAC COMPLICATIONS**  
People with gum disease are twice as likely to have coronary artery disease  
Bacteria from the mouth can enter the bloodstream and travel to the heart

**GUM DISEASE**  
Plaque irritates the gums and can cause them to pull away from the teeth  
Untreated gum disease may lead to lost teeth or the need for removal

Smoking and excessive alcohol use are risks factors for oral cancer!

*"...Save me, my God! For you strike the cheekbone of all my foes you break the teeth of the wicked"* Psalms 3:8

