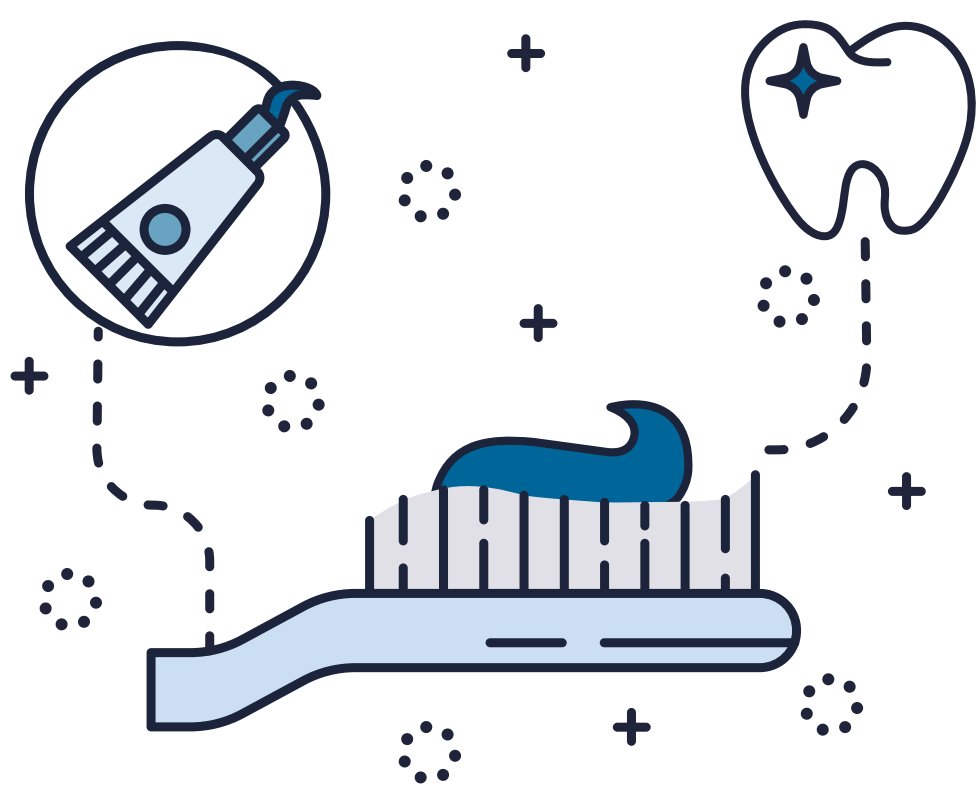


# Regular Oral Health Care Keeps You Healthy



## Brushing and Flossing

Brushing and flossing removes dental plaque, which is a sticky, colorless film of bacteria on tooth surfaces. If plaque is not removed, some of it can harden below the gumline and irritate the gums.



- Use toothpaste with fluoride. Fluoride protects teeth from cavities (tooth decay).
- Angle the bristles toward the gumline, so that they clean between the gums and teeth.
- Brush gently using small, circular motions. Do not scrub hard back and forth.
- Use a soft bristle toothbrush with a small or medium head. This makes it easier to clean around all your teeth.

## Dry Mouth

Hundreds of medicines can cause dry mouth, such as medicines for allergies, high blood pressure, and depression.



## Dental Check-ups

Regular dental check-ups are just as important as brushing and flossing at home. They can help identify problems early, before they cause unnecessary pain or infection.

To learn more, scan the code using your smartphone camera app, or visit: [hrsa.gov/oral-health](https://hrsa.gov/oral-health)

