

6 WAYS TO PROTECT YOUR TEETH AND GUMS

A **healthy mouth** has a positive impact on your **physical, mental** and **social well-being**. Having **healthy teeth** means you can **eat, drink, speak** and **socialise** without **pain** or **discomfort**.

Taking care of your teeth, mouth and gums can help **prevent tooth decay, gum disease, bad breath** and **oral cancer**, and improve your overall health and well-being.

It's **never too late** to start looking after your teeth!
Try these **oral health care tips**:



Brush
morning
and night



Use
fluoride
toothpaste



Drink
plain tap
water



Eat
healthy
snacks



Quit
Smoking



Have a
dental
check-up

