

# 5 TIPS

## HOW TO IMPROVE ORAL HEALTH



### Balanced Diet The Key to Gum Health

What you eat significantly affects your oral health. A balanced diet rich in vitamins, minerals, fresh fruits, and vegetables can help strengthen your gums and teeth.

### Preventative Care Regular Dental Check-ups

Dentists can detect potential issues early before they become serious problems requiring extensive treatment.



### drink more



### Stay Hydrated

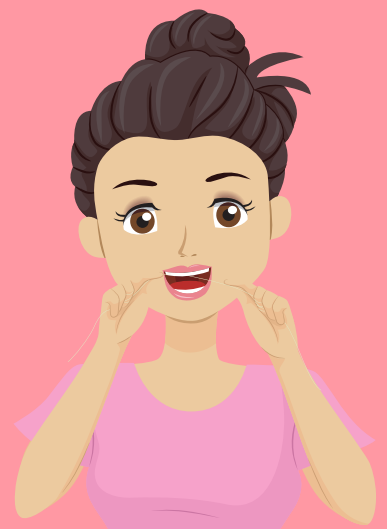
#### An Easy Way To Boost Oral Health

Drinking plenty of water benefits your overall body, including your mouth, by washing away food particles and neutralizing acids produced by bacteria.

Water also stimulates saliva production which is crucial in maintaining oral health as it helps digest food particles while providing necessary minerals that protect against cavities.

### Regular Brushing and Flossing The Foundation

Dentists recommend brushing at least twice a day using fluoride toothpaste. This helps remove plaque that can lead to tooth decay and gum disease.



### Quit Smoking

#### A Step Towards Better Dental Hygiene

Smoking harms your body's immune system making it harder for it to heal tissues including those in the mouth making smokers more prone to gum disease than non-smokers.

Quitting smoking will significantly improve gum health over time reducing risk of gum disease or helping recover faster if you already have it.

