TAKE CHARGE OF YOUR HEALTH

Practice Good Oral Hygiene

It's important to practice good oral hygiene every day because teeth and gum issues, if left untreated, can pose serious problems to the rest of your body. For example, poor oral hygiene can lead to diabetes, heart disease and more.

Use the following tips to make sure you're taking the right steps in boosting your oral health:

- **Brush your teeth properly.** Brushing your teeth at least two times per day is very important for your oral health. Although it can be easy to blow it off before bed, think about items like germs and plaque that build up during the day.
- **Floss daily.** In many cases, flossing can be just as important as brushing your teeth. To properly remove food debris and plaque, make sure you floss between your teeth and below the gumline to increase gum health and prevent diseases like gingivitis.
- **Eat a healthy diet and limit foods with added sugars.** Unhealthy foods, such as foods with sugar, can lead to issues like cavities and gum disease. An easy way to avoid these issues is to tighten up your diet.
- **Visit your dentist regularly.** The general recommendation is to see a dentist every six months. They'll be able to find potential issues such as cavities and other oral diseases.
- **Avoid tobacco use.** Not only is smoking damaging to your oral health, but it can be very harmful to your physical health. Smoking and other tobacco products can lead to gum disease, tooth loss and oral cancer.