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Regular brushing with fluoride toothpaste



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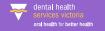
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#### WHAT IS TOOTH DECAY?

Over time, acid produced by the bacteria in plague damages the tooth surface. This can result in holes in teeth.

### **GUM DISEASE - ISN'T THAT SOMETHING OLD PEOPLE GET?**

Gum disease is when the gums that hold the teeth in place are damaged by plaque and bacteria. Eventually teeth can loosen and fall out. It can start at any age.

#### IT'S EASY TO PREVENT TOOTH **DECAY AND GUM DISEASE:**

- > Brush teeth and along the gum line twice a day with a soft brush and fluoride toothpaste.
- > Brush every surface thoroughly.
- > Spit when you're done but don't rinse with water.
- > Floss as recommended by your oral health professional.



# **EVERYBODY HEARTS A FRESH MOUTH**

Fight the furry feeling! Get into the brushing habit and keep your mouth looking, feeling and smelling healthy and fresh!



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