



"Providing Quality Healthcare to All"

# BEST MEDICAL CARE, PC

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## KEEP YOUR TEETH

### Dental Self-Care

Most of us are pretty attached to our teeth and would be willing to do anything to ensure that our teeth stay attached to us. Nevertheless, the two most common causes of tooth loss—tooth decay and gum disease—are largely due to inadequate or improper dental self-care. The following tips can help you care for your teeth so that you can keep them for life.

- Avoid "sticky" sweets such as honey, candy, and pastries that adhere to the teeth and "feed" decay-causing bacteria.
- When you do eat sweets, eat them as part of a meal and be sure to brush your teeth afterward.
- Brush your teeth thoroughly a *minimum* of twice a day (ideally, after each meal).
- Check your brushing technique periodically by using "disclosing" tablets. (These tablets use a vegetable dye to color plaque that you may have missed when brushing.)
- Replace worn toothbrushes—they won't clean your teeth properly.
- Use a fluoride toothpaste—check the carton for the American Dental Association's "seal" of approval.
- If your drinking water is not fluoridated, ask your dentist about fluoride tablets.
- Floss between teeth a *minimum* of once a day before retiring. (Rinse mouth thoroughly afterward to remove loosened debris.)
- Have your teeth cleaned professionally by your dentist or hygienist at least once a year to remove tartar that brushing and flossing can't dislodge.
- Have annual dental check-ups.
- Smile!

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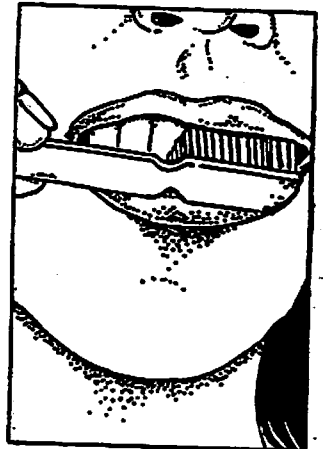
## BRUSH RIGHT

### Smile Bright

Most of us brush our teeth every day, yet few of us ever learned the right way to keep our teeth and gums clean and free from bacteria. Along with flossing and regular dental check-ups, brushing is one of the most important things we can do to keep our teeth healthy and cavity-free. Brushing the right way takes no more time than brushing the wrong way, so why not learn the basics of good brushing techniques to help keep your teeth and gums healthy for life?

#### Basic Techniques

Use a soft-bristled brush. Brush each area 15-20 times before moving to adjacent teeth.

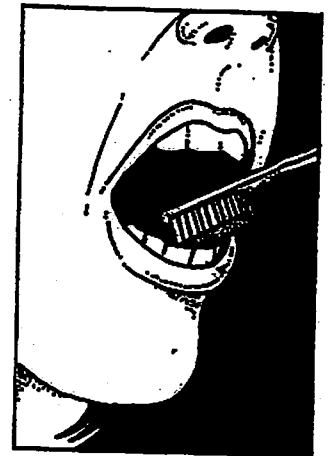


#### Outside Surfaces

Place the brush horizontally (at a slight upward angle) against the gum line. Brush lightly back and forth, but don't scrub hard.

#### Inside Surfaces

For upper front teeth, place brush vertically against teeth, using short downward strokes over gums as well as teeth. For lower front teeth, use short upward strokes. For inside back teeth (both upper and lower), use short angled strokes.



#### Chewing Surfaces

Brush chewing and biting surfaces with short, back and forth motions, for both upper and lower teeth.

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