

## Top Two Reasons why we should take care of our teeth.

1. Avoid Pain – Regular dental checkups combined with diligent home care which includes brushing, flossing and watching what you eat can help to avoid the pain associated with a toothache. As quoted by William Shakespeare “He that sleeps feels not the toothache.” and “For there was never yet a philosopher - that could endure the toothache patiently”. “Some tortures are physical, and some are mental, but the one that is both is dental” as quoted by Ogden Nash. As stated by Mason Cooley “If suffering brought wisdom, the dentist’s office would be full of luminous ideas.” “The man with a toothache thinks everyone happy whose teeth are sound.” quoted by George Bernard Shaw. “The tongue is ever turning to the aching tooth.” by Thomas Fuller. The pain associated with a toothache can be excruciating and has been described and written about since the beginnings of man, however, it can be avoided by seeing your dentist and taking care of any problems which are noticed right away when they are more manageable.
2. Avoid losing your teeth. “Every tooth in a man's head is more valuable than a diamond.” As written by Miguel de Cervantes in Don Quixote. “Even pearls are dark before the whiteness of his teeth.” By William R. Alger. Our smile is noticed by everyone around us. A great smile makes a great, lasting impression, can boost your self-esteem and confidence as well as improve your overall health.

To avoid pain and losing your teeth start it is important to floss daily, brush your teeth with fluoride toothpaste twice daily and visit your dentist at least twice a year for cleanings. Here are some tips to better dental health.

Use a soft-bristled toothbrush to reach every surface of each tooth. If the bristles on your toothbrush are bent or frayed, buy a new one.

Replace your toothbrush every three months or after you've been sick.

Choose toothpaste with fluoride. This can reduce tooth decay by as much as 40 percent.

Brush properly. To clean the outside surfaces of your teeth, position the brush at a 45-degree angle where your gums and teeth meet. Gently move the brush in a circular motion using short, gentle strokes. To clean the inside surfaces of the upper and lower front teeth, hold the brush vertically. Make several gentle back-and-forth strokes over each tooth and its surrounding gum tissue. Spend at least two-and-a-half minutes brushing.

Floss properly. Gently insert floss between teeth using a back-and-forth motion. Do not force the floss or snap it into place. Curve the floss into a C-Shape against one tooth and then the other.

Drink pop in moderation. Don’t sip pop for long periods of time. After drinking pop, swish your mouth with water to dilute the sugar and acid. Never drink pop or juice just before going to bed. Remember water is the perfect drink. It has no sugar, acid or calories.

Look for chewing gum and mints sweetened with 100% xylitol. Xylitol has been shown to inhibit the growth of Streptococcus mutans, the oral bacteria that causes cavities.

As quoted by Martin H. Fischer “If a patient cannot clean his teeth, no dentist can clean them for him.” As quoted from an unknown author “You don’t have to brush your teeth - just the ones you want to keep.”

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