

Diseases that adults should know about:

Cavities

Adults DO get cavities.

Gum Disease

Most adults have gum problems at some stage in their lives. Signs of gum disease are bleeding, sore gums, and bad breath.

Oral Cancer

Cancer of the mouth can appear at any age. You are more likely to get oral cancer if you chew or smoke tobacco.



6 Ways to a Healthy Smile

-  **Brush with a fluoride toothpaste**
-  **Floss or use toothpicks**
-  **Use fluoride mouthrinse**
-  **Limit snacks and drinks with sugar**
-  **Get a dental check-up**
-  **Stop using tobacco**

For more information
Contact your local dental clinic



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Healthy Smiles for
American Indian and
Alaska Native People

Just for Adults!



People of All Ages Deserve A Healthy Smile

6 Ways to a Healthy Mouth!

Brush with a Fluoride Toothpaste

Brush daily with a soft toothbrush



and a toothpaste with fluoride. Be sure to put the toothbrush on the gumline to clean the little pocket where the teeth and gums meet. This little "pocket" is where gum disease starts.

Floss or Use Toothpicks

Use floss or toothpicks to clean in between the teeth where a toothbrush can't reach.

Use a Fluoride Mouthrinse

Rinse once a day with a fluoride mouthrinse, especially if you are still getting cavities.

Limit Sweet Snacks and Drinks

Drink less pop. Eat less sweets and starchy foods like chips and crackers. All of these drinks and foods cause cavities.



Get a Dental Checkup

Get your teeth



cleaned and checked. Be sure to get any needed dental work done.

Don't Use Tobacco

Chewing tobacco and smoking cigarettes can cause gum disease, cavities, bad breath, and stained teeth. It also causes cancer.

