TruAssure™
INSURANCE COMPANY

Daily Oral Health Tips

Research shows that good oral health is connected with good overall health and well-being. Practicing daily oral health habits and visiting the dentist for preventive care can help remove plaque, prevent cavities and protect your gums and teeth. It can also protect your wallet by catching and treating problems early, so you can avoid costly, time-consuming procedures in the future.

To help maintain a healthy smile, keep these daily tips in mind:

BRUSH TWICE DAILY
for two minutes using a soft-bristled manual or electric toothbrush.

EAT A WELL-BALANCED DIET
that keeps sugary, carb-rich foods and beverages to a minimum.

USE FLUORIDE TOOTHPASTE,
preferably one that has the American Dental Association (ADA) Seal of Acceptance.

DRINK PLENTY OF WATER
to decrease dry mouth and help wash away food particles.

FLOSS ONCE DAILY
to clean areas your toothbrush can't easily reach including between your teeth and under your gum line.

AVOID HEAVY CONSUMPTION OF ALCOHOL AND TOBACCO
in all forms, including smokeless vaping products.

Along with these daily tips be sure to visit your dentist twice a year for preventive checkups. During a routine exam, dentists can detect symptoms of more than 120 diseases such as heart disease and diabetes. Your dentist and hygienist can also provide additional advice on your oral health routine based on your history and current conditions. **Visit truassure.com for more information on keeping your smile healthy.**

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