



## **Don't ignore your dental hygiene.**

Oral health is essential for your general health. With links between gum disease, diabetes, cancer and cardiovascular disease, it has never been more important to take care of your teeth and gums.



Dental Health Foundation  
Ireland

**For tips please  
turn over**

# Visiting your dentist will help guard against tooth decay & gum disease.

## Adults

✓ Brush twice a day for 2-3 mins with a fluoride toothpaste (at least 1,000ppm)



✓ Spit, don't rinse after brushing

✓ Floss daily

✓ Choose healthy snacks and drinks



✓ Limit 100% fruit juices and smoothies to meal times

✗ Avoid sugary snacks and drinks between meals

✗ Smoking and alcohol are risk factors for mouth cancer



## Older People

✓ Brush teeth twice a day for 2-3 mins with fluoride toothpaste (at least 1,000ppm)

✓ Floss daily

✓ Clean dentures daily

✓ Visit your dentist for an oral health check up even if you have no teeth of your own

✓ Choose sugar free medicines

✗ Avoid sugary food and drinks between meals



✗ Smoking and alcohol are risk factors for mouth cancer

People with additional care needs may need advice from their dental team.