



**Don't ignore your  
dental hygiene.  
It's part of maintaining  
a healthy lifestyle.**




Dental Health Foundation  
Ireland



irish dental association

Dental hygiene is important - whatever stage of life you're at. And a little advice can go a long way to helping maintain healthy teeth and gums, and guard against tooth decay and mouth cancer.

Follow the information below and visit your dentist regularly. It's the next step in the fight against tooth decay and gum disease.

Age	Oral Health Advice	General Health Advice
 <b>Mums to be</b>	Brushing twice a day. Flossing.	Diet. Reduce sugar to prevent plaque build up. Research have connected gum disease to pre-term birth and low birth-weight babies.
 <b>Over 50's</b>	Brushing twice a day. Flossing.	Diet. Low sugar options. Sugar free medicines. Smoking and alcohol can cause mouth cancer

For more information visit: [www.dentalhealth.ie](http://www.dentalhealth.ie) or [www.dentist.ie](http://www.dentist.ie)