Healthy teeth are where it's at... You heard it straight from me.

Dental Health Foundation
Ireland

IDA
irish dental association

Dental hygiene is important whatever age you are and when it comes to your own dental health, a little advice can go a long way. Make a habit of brushing your teeth and watch what you eat and drink.

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

Age	Oral Health Advice	General Health Advice
Teens	Brushing twice a day. Flossing.	Diet. Minimize snacks and sweets and avoid them between meals - avoid high sugar drinks (sports). If you use gum chew Xylitol gum.
Students	Brushing twice a day. Flossing.	Diet. Avoid snacking between meals including chocolate, sweets and soft drinks. Smoking and alcohol are risk factors for mouth cancer.

For more information visit: www.dentalhealth.ie or www.dentist.ie