

HEALTH

# Dental Health

A Product of the  
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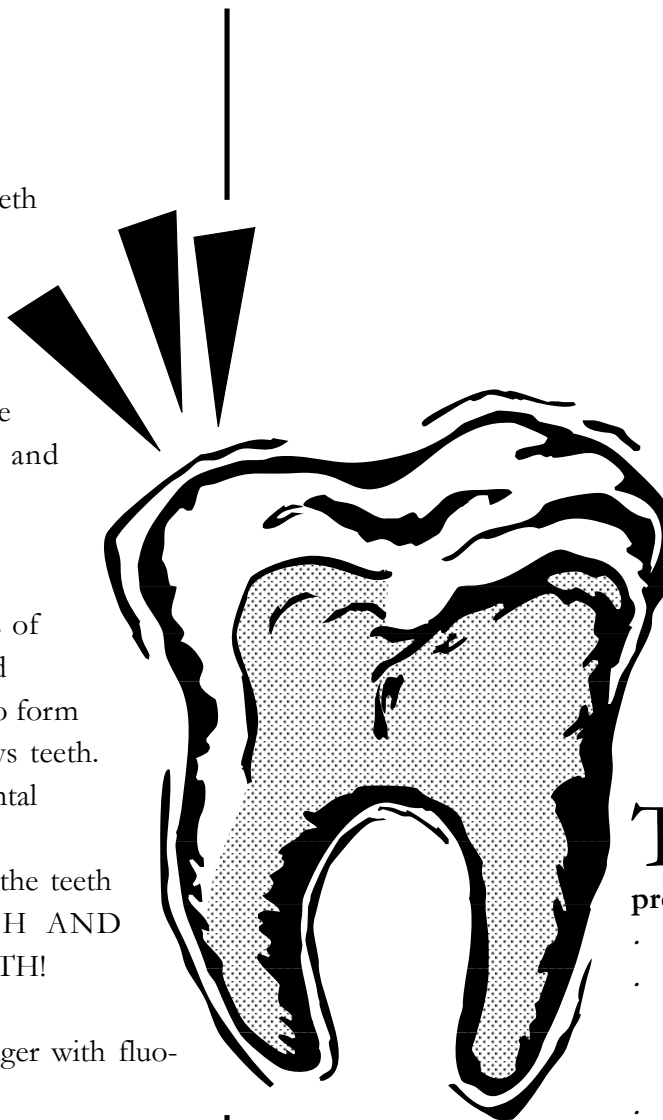
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**T**aking care of your teeth is easier than replacing your teeth. If you do not take care of your teeth, they will decay (rot). This can cause toothaches, headaches, and many other problems.

**T**he two major causes of tooth decay are sugar and germs. These combine to form acid which attacks/decays teeth. Four ways to prevent dental disease are:

- clean the germs off the teeth and gums. **BRUSH AND FLOSS YOUR TEETH!**
- eat less sugar
- make the teeth stronger with fluoride
- **VISIT THE DENTIST.** It is important to visit your dentist every 6 months for routine checkups (cleaning, checking for decay, other dental problems – crooked teeth, impacted or “misplaced” teeth).



**T**o clean your teeth properly, you should:

- use a fluoride toothpaste
- brush for at least 1 minute to allow fluoride to “work” – at least twice a day
- floss daily – floss around the upper curve of each tooth under the gum.

In the beginning your gums will bleed. This is normal. If they bleed for a week or more, check with your dentist. It could be a sign of gum disease.

**B**efore you go to bed you should brush your teeth for 2 or 3 minutes. This way there will be nothing “on” your teeth to hurt them while you sleep. ■