

# TEENS & TEETH

**DID YOU KNOW...** 1 of 7 adolescents aged 12 to 19 years have at least one untreated cavity

-Centers for Disease Control and Prevention, 2019

**GOOD NEWS,  
CAVITIES ARE 100% PREVENTABLE!**

## EASY WAYS TO TAKE CARE OF YOUR SMILE

### REGULAR CARE

- Brush your teeth twice a day
- Floss once a day
- Get a new toothbrush every 3-4 months
- Drink water or use toothpaste with added fluoride
- Visit a dentist twice a year

### PROTECTION

- Use a mouth guard when playing contact sports
- Keep your mouth piercing-free to avoid cracked teeth & infections
- Avoid using your teeth as tools as you can crack or fracture your teeth

### DIET

- Eat plenty of fruit, vegetables, lean proteins, & whole grains
- Choose low-fat or fat-free milk, cheese, and yogurt
- Limit pop & sugary snacks
- Chew sugar-free gum

### TOBACCO USE

- Say "No" to smoking and other tobacco use to save yourself from:
  - stained teeth
  - canker sores
  - bad breath
  - altered taste buds
  - bone & tooth loss
  - oral cancer

### DUE FOR YOUR NEXT DENTAL CHECK-UP?

**VISIT THE WILL COUNTY COMMUNITY HEALTH CENTER'S DENTAL CLINIC!**

*Medicaid accepted - Sliding fee scale available - NO ONE turned away*