



Tips for Understanding Your Oral Health

Looking at Healthy Teeth



A healthy tooth is white and clean with no plaque buildup.



Healthy teeth are firmly attached.



A healthy mouth has fresh breath.



Signs you might have a problem

If teeth turn dark colors, they may be decayed and need to be seen by a dentist.



If gums are red or bleeding, this may be a sign of gum disease.

Strong, unpleasant smelling breath is a sign of dental problems.



Ways to take care of your teeth

Brush your teeth twice a day for two minutes and floss once a day.



Choose healthy snacks instead of sugary junk food.

See a dentist for regular cleanings and exams.

