

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.



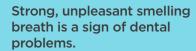
Signs you might have a problem

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.







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 iunk food.

See a dentist for regular cleanings and exams.





Delta Dental Smiles wants you to have a healthy mouth!

If you need help finding a dentist, making an appointment, or getting a ride to the dentist's office, call us at

1-866-864-2499 for more information.