



Keep Your Teeth for Life

Dental Health for Adults

Healthy Mouth, Healthy Body

Bacteria in your mouth from oral disease may contribute to other health problems such as heart disease, stroke, respiratory diseases, and diabetes. Pregnant women who have gum disease are at higher risk of delivering pre-term and low birth weight babies.

Tips for good dental habits

- Brush your teeth and tongue after breakfast and before bedtime
- Use a soft toothbrush with no more than a pea size amount of fluoridated toothpaste
- Floss daily before bedtime
- Check your mouth regularly for signs of gum disease such as red, swollen and bleeding gums
- Check your mouth regularly for signs of oral cancer such as any abnormal growth or lesion that lasts for more than 2 weeks
- Avoid tobacco products. They will stain your teeth and tongue, cause bad breath, and increase your risk of developing oral cancer
- Visit the dentist regularly and when you have any concerns

Tips for good eating habits

- Eat healthy food and snacks like fruits, vegetables, cheese and drink white milk
- Drink tap water between meals
- Limit juice to special occasions as the natural sugar found in juice causes cavities
- Avoid soft drinks, sport drinks, energy drinks, flavoured milks, iced teas, lemonades, cocktails, and punches. They are loaded with sugar and drinking them frequently can lead to cavities
- Limit the sugar in your tea or coffee
- Avoid sucking on candy or chewing gum for a long period of time
- Limit alcohol, it increases the risk of oral cancer

Need more information?
Talk to your dentist or dental
hygienist or call Ottawa Public Health
at 613-580-6744

