

How to Have a Healthy Smile



Brush 2x a day for 2-3 minutes



Floss in between your teeth
1x a day



Snack on healthy foods like
fruits, vegetables and
whole grains



Drink plenty of water, limit soda
and other sugary drinks

Did You Know?



Tooth enamel is the hardest
part of your entire body



The average human
produces 25,000 quarts of
saliva/spit per lifetime. That's
enough to fill 2
swimming pools!



Sharks have as many as
3,000 teeth at once



National Children's DENTAL HEALTH MONTH

February



"Tooth decay is the most common childhood disease and is five times more common than asthma" - CDC

"On average, elementary children will miss 6 school days per year. Half of those days are due to dental issues." - Colgate

Visit the Dentist 2x a Year for a Checkup & Cleaning!



Question About Your Dental Benefits?
Need a Local Dentist in Your Area?

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1-800-468-0608

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