

# February is National CHILDREN'S DENTAL HEALTH MONTH



## 5 HABITS that will ruin your teeth

Do you brush your teeth every morning and night and floss every day? Excellent! But to enjoy optimal oral health, you also need to avoid getting into a certain number of harmful habits, including the following five.



**1. Eating or drinking lots of unhealthy foods.** Soft drinks (which are highly acidic) and sticky candy (which stay in the mouth for a long time), among others, should always be consumed in moderation. Try to remember to drink a glass of water after drinking wine, tea or coffee to clean off your teeth and keep them looking nice and white.

**2. Using your teeth as a tool.** Opening packaging or bottles, for example, with your teeth can cause cracks and breaks.

**3. Brushing too hard.** Brushing your teeth with too much force will eventually lead to gum recession and tooth sensitivity. Make sure to brush gently with a soft-bristled toothbrush.



**4. Smoking.** It's no longer a secret that tobacco use significantly increases the risk of developing periodontal disease and oral cancer. It also causes bad breath and yellows teeth.

**5. Eating too much sugar between meals.** Do you have something of a sweet tooth? To prevent cavities, get your fix of candy or soda during mealtimes. This is when the production of saliva, which helps neutralize acidity in the mouth, is at its peak.

Chewing on ice cubes, hard candies or cough drops can, over time, lead to dental fractures.

**CONNECT THE DOTS to reveal your teeth's best friends.**

BRUSHING

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FLOSSING

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Pictured: Dr. Duncan with her daughter

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HELP US FIND TIMMY THE TOOTH!

Timmy is hiding somewhere in Thursday's Weakley County Press. Help us Find him For your chance to win a gift basket from one of our local dentists' offices!

Employees & family members of Weakley County Press/Union City Messenger not eligible to win.

ENTRY FORM

Name \_\_\_\_\_

Age \_\_\_\_\_

Parents \_\_\_\_\_

School & Grade \_\_\_\_\_

Phone # \_\_\_\_\_

Where did you find Timmy? (page #) \_\_\_\_\_

Entry forms due end of day Monday, winner will be announced in Tuesday's paper.