

# ORAL HEALTH

Good for Life™



CANADIAN  
DENTAL  
ASSOCIATION

A healthy mouth is an important part of a healthy lifestyle.  
Keep your smile healthy for a lifetime by following these **5 steps** to good oral health:



**1** Visit your dentist regularly.



**2** Eat a well-balanced diet.



**3**

Check your mouth regularly for signs of gum disease and oral cancer.



**4**

Limit alcohol, and avoid smoking, smokeless tobacco and vaping.



**5**

Brush your teeth twice a day using fluoride toothpaste and floss every day.

[cda-adc.ca/goodforlife](http://cda-adc.ca/goodforlife)