

# ORAL HEALTH

Good for Life™



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:



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



**Eat a well-balanced diet.**



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



**Visit your dentist regularly.**



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



**Healthy Smiles,  
Informed Choices.**

**Oral Health,  
Every Day.**

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