

KEEP YOUR **TEETH** STRONG AND HEALTHY



National Health Mission
Department of Health and Family Welfare
Nagaland: Kohima



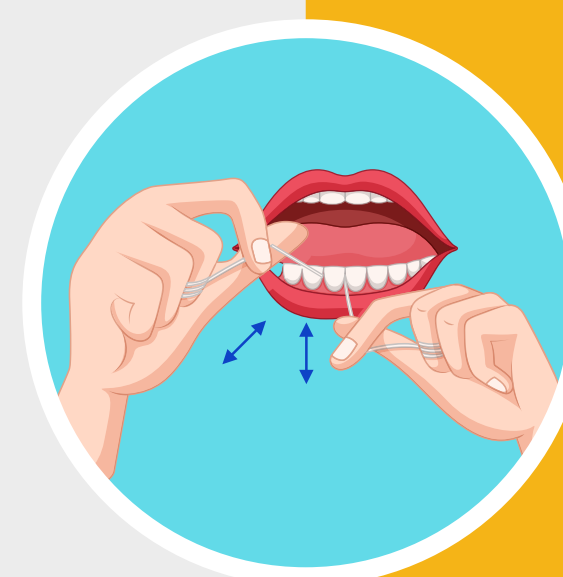
Visiting your Dentist is an important part of keeping health teeth.



Good Oral Hygiene is one of the most important things that you can do for your teeth and gums.



The Destruction of tooth structure, enamel and dentin layer of the teeth is called tooth decay.



Flossing removes food particles that your tooth brush cannot reach. Daily flossing is highly recommended.



Brush your teeth twice a day with toothpaste containing fluoride (especially before bed).



Cavities are holes in your teeth caused by Bacteria.



Rinse your mouth every time after meal or snacks.



Proper brushing takes at least two (2) minutes.



Risk factor for oral diseases include an unhealthy diet, tobacco use, alcohol use and poor Dental Hygiene.



Reach for the veggies instead of cookies, soda and candies.