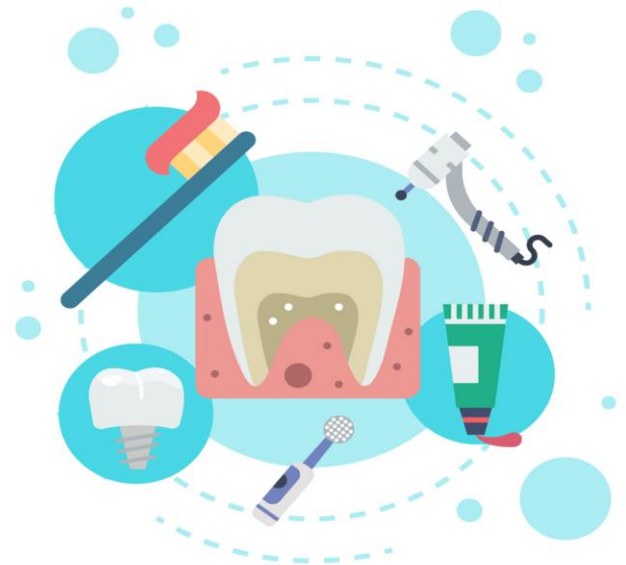


Early Starts to Dental Care



Why is dental care important?

Dental care is a critical part of maintaining oral health. The early identification of oral disease may contribute to the early diagnosis and treatment for a number of systemic diseases. Studies have demonstrated an association between periodontal diseases and cardiovascular disease, stroke, respiratory infections, diabetes, osteoporosis, HIV, and adverse pregnancy outcomes.



How to brush your teeth?



1. Use a pea-sized amount of toothpaste



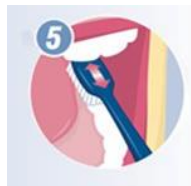
2. Place the toothbrush at a 45-degree angle to the gums



3. Use a gentle circular motion



4. Repeat on the inside surfaces



5. Use a light back and forth motion on the chewing surfaces

Ways to keep your teeth healthy

1. Brush your teeth at least twice a day
2. Brush properly (see the figure on the left)
3. Don't neglect your tongue
4. Use a fluoride toothpaste
5. Treat flossing as important as brushing
6. Consider mouthwash
7. Limit sugary and acidic foods
8. Eat crunchy fruits and vegetables
9. Regular Dental Checkups

How often should I go to the dentist?

Your dentist will tell you how often you should get regular checkups - usually every 6 to 12 months. If you have unexpected dental problems or issues in between your regularly scheduled visits, call your dental office for help.



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