

# Oral Health for Healthy Living

Tooth decay and gum disease are preventable!



Good oral health is an essential part of healthy living!

Good oral health improves a person's ability to speak, smile, smell, chew, swallow, and maintain a healthy quality of life.

Poor oral health may lead to many oral and health issues including: gum disease, tooth decay, bad breath, premature birth, diabetes, and heart disease.



Office of Oral Health



#SmileBoston

# Visit your dentist to prevent tooth decay, gum disease, and bad breath.

## Oral Health and General Health Tips



Brush your teeth twice a day using fluoride toothpaste. Floss daily.



Eat fresh fruits and vegetables. Avoid processed foods.



Avoid smoking, vaping and alcohol use. All can increase the risk of various oral cancers.



Exercise regularly may reduce the risk of developing gum disease.



Visit your dental team regularly.



Drink plenty of water. Avoid sugary sweetened beverages.

**Smoking and alcohol increase the risk of oral health problems and mouth cancer.**

Call 1-800-QUIT-NOW for more information  
Visit : [www.bphc.org/oralhealth](http://www.bphc.org/oralhealth) for more information