

HAPPY, HEALTHY SMILE MONTH

October is Dental Hygiene Month and Orthodontic Health Month. What a great time to talk about teeth! Here are some fun facts and tips to keep a happy, healthy smile.



Your mouth is
UNIQUE!

Like fingerprints, your teeth and tongue have prints that are special to you.

TIP: Teeth should last you a lifetime! Good dental health starts as a baby.

Tooth enamel is the hardest substance found in the human body! Teeth are also the only part of the human body that can't repair itself.

TIP: Teeth are tough... but need love! Brushing 2x per day keeps acids away that can make holes in your teeth.



40% of your tooth surface is hard to reach with a brush alone; 1/3 of your teeth are under your gums!

TIP: Floss
EVERY DAY!

Over 4 million Americans wear braces today!

50% of people need braces to correct crowded teeth, crooked teeth, or bite issues.

TIP: Starting at age 7, ask your dentist about an orthodontic consultation.

