



# BE PROACTIVE

Dental Care

# Keep your mouth healthy



**Brush your teeth and tongue** at least twice a day (in the morning and before sleeping) for 2 minutes with fluoride toothpaste



**Use a soft-bristled toothbrush;** change every 3 months or when bristles spread out



If you wear **dentures**, clean them after **every meal**; remove, clean and soak dentures in water before sleeping



Clean **in between your teeth** with a floss or interdental brush at least once a day



Tilt the **brush at an angle** to your gum line, moving it in small circular motions across all front, back and chewing surfaces of your teeth, not forgetting the back molars



**Visit a dentist** every 6 months to 1 year to check your teeth; let the dentist know about your blood sugar control and the medication you are taking

# See your dentist if you have ...



**Persistent bleeding** gums



**White patches** in your mouth



**Receding gum lines**



**Loose or shaky adult teeth**  
and/or **widening gaps**  
**between** your adult teeth



**Pain** in your mouth



**Bad breath** or **dry burning sensation** in your mouth