



## Did you know the health of your mouth can predict the health of your body?

Health issues like diabetes, HIV/AIDS, heart disease, Alzheimer's, and more can worsen your oral health—and vice versa. Sound scary? Don't worry—you can take care of your mouth and help keep your whole body healthy by following these steps:



Brush your teeth  
twice a day.



Floss your teeth  
once a day.



Use mouthwash  
once a day.



Visit the dentist  
twice a year.



Choose water  
over sugary drinks  
when possible.



Eat more fruits  
and veggies.



Limit alcohol and  
tobacco use.

If you need help finding an affordable dentist,  
visit [www.smilehelpnow.com](http://www.smilehelpnow.com)