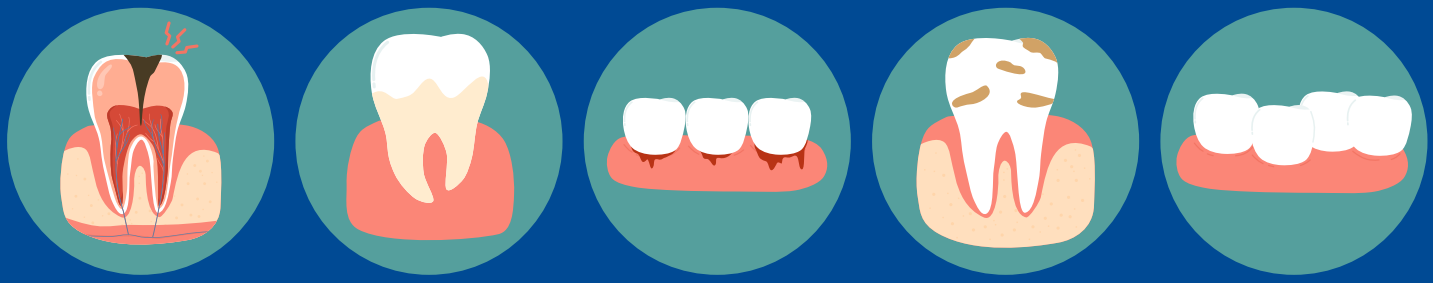
# Smile Bright Stay Healthy!

## Why Take Care of Your Teeth?

- Healthy Teeth = Easier Eating & Talking
- Prevent Pain, Infections & Expensive Treatments
- A strong smile keeps your whole body healthy!

## Common Dental Problems



Sensitive Teeth | Periodental Disease | Gum Disease | Cavities | Crooked Teeth

## Daily Habits for a Healthy Mouth

- Brush **twice a day** - morning & night
- Use **fluoride toothpaste**, if available
- **Floss** to remove food stuck between teeth
- **Rinse your mouth** after having sugary snacks

## Smart Choices for Strong Teeth

- Eat more **fruits & vegetables**
- Limit **sugary drinks & snacks**
- Drink plenty of **water**
- Don't smoke
- Avoid **chewing tobacco or betel quid**

## Check Your Mouth Regularly

- Watch for **bleeding gums, sores, or pain**
- Don't ignore **bad breath or swelling**
- **Early care** prevents bigger problems

## See a Dentist

Visit at least **twice a year**

Seek help immediately if you have **pain or swelling**

***Your Smile Matters!***

***Take care of it every day.***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For more information, please call our hotline **6244 6688** or Whatsapp **9624 7353**.

www.sata.com.sg | enquiries@sata.com.sg