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## Between 13 and 18? Then this is for you (1964)

American Dental Association

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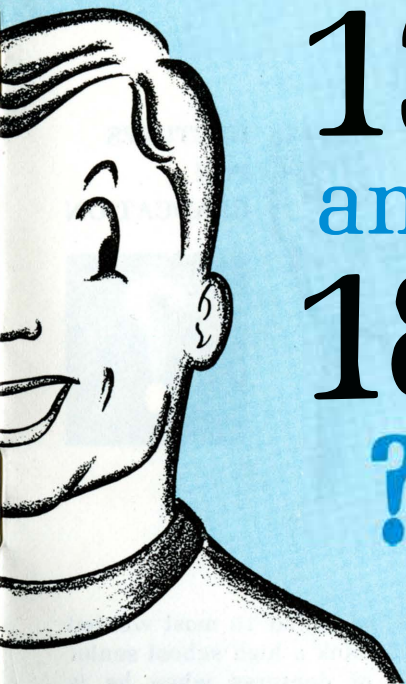
BETWEEN

13

and

18

?



Then this is for **YOU**



**DENTURES  
FOR  
GRADUATION**



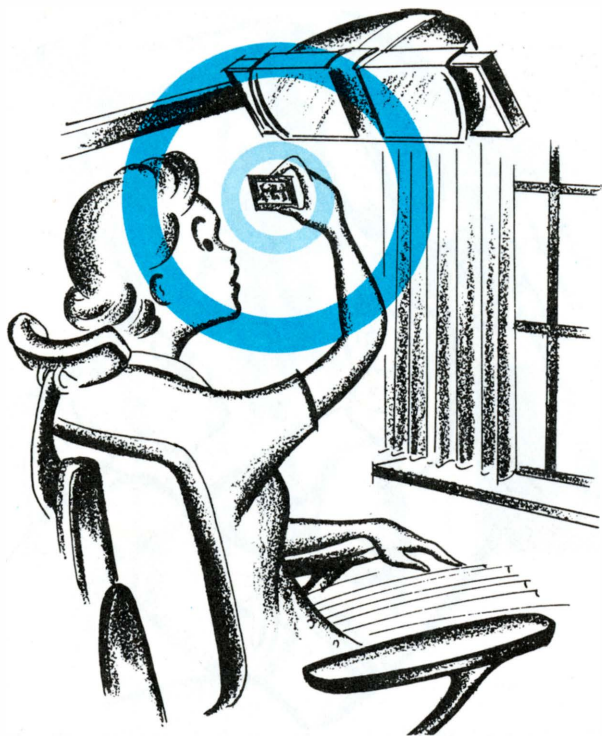
They're probably not on your list of the 10 most wanted gifts, but more often than you think a high school senior does need—and get—a set of dentures when he is graduated.

Whether you need dentures—ever—is up to you. This is a critical time for your dental health.



Young people your age have the “most” — tooth decay, that is.

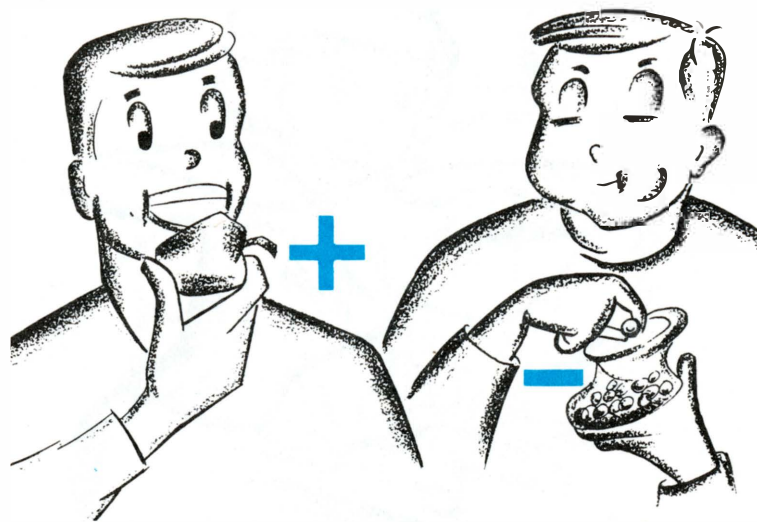
Dental caries sort of sneak up on you, and you may not be aware of it until much damage is done.



The only way to discover early decay is to see your dentist regularly for a checkup. Tooth decay never heals itself like a broken bone.

Regular dental visits save money, and, what's more important, they save teeth.

Eating a well balanced diet doesn't prevent tooth decay — as important as it is to your health. As long as you eat a lot of sweet, sticky foods or candy between meals you're likely to have tooth decay. This is the price you pay.

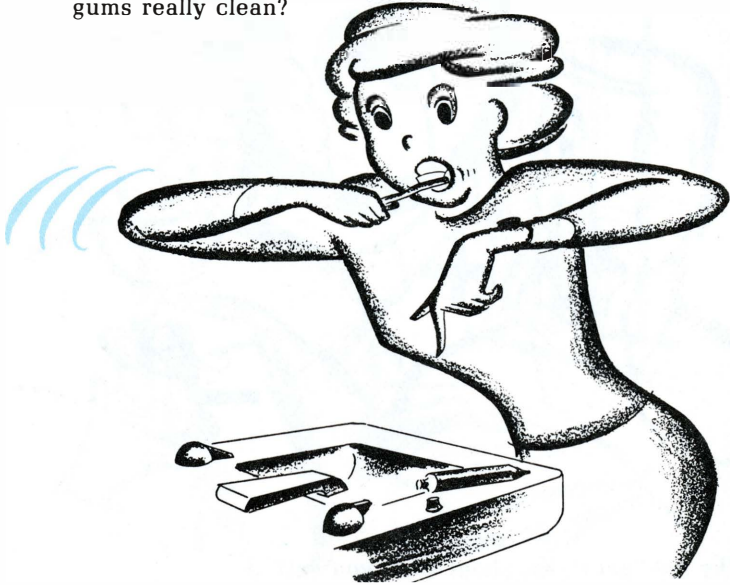


Why not "get right" about what you eat?

How about a cool, crisp apple or pear? Maybe some potato chips. And if you want something to drink, try some milk or a sugar-free soft drink. This won't prevent tooth decay, but it won't result in decay causing acids either, as sweet foods do.

## WHAT ABOUT TOOTHBRUSHING?

Probably you know how to brush your teeth correctly, but do you spend enough time at it to get your teeth and gums really clean?



*If you're a 30-second brusher, about all you do is exercise your arms.*

The purpose of toothbrushing is to remove, from the teeth and gums, debris which can lead to dental disease. Acids form in the mouth very soon after you eat. That's why it's important to brush immediately after eating.



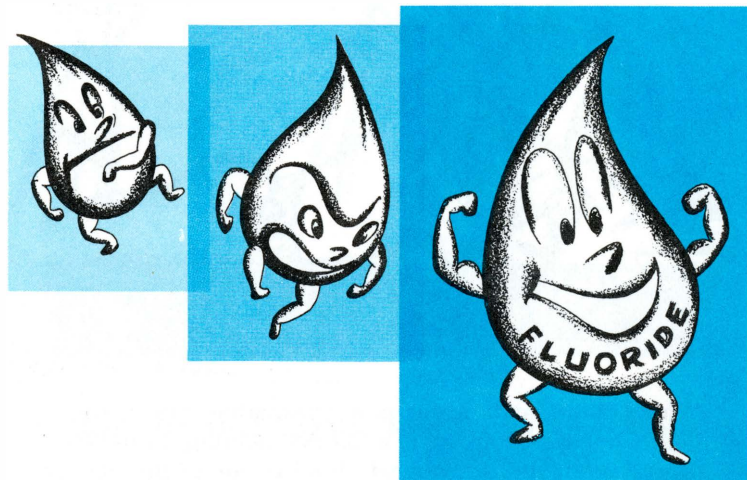
If you can't brush, at least rinse your mouth thoroughly with water. By the way, check your teeth in the mirror after brushing to see if you did get them clean.

Wise people, those who want to keep their own teeth, visit their dentist regularly, usually once every six months. *Your teeth can't get by without regular care anymore than your favorite automobile.*



Quit kidding yourself into believing that you don't need regular checkups. If you don't have regular dental care, there will probably be dentures in your future. Artificial dentures are not and never will be as satisfactory as natural healthy teeth.

Regular cleaning of the teeth (dental prophylaxis) by a dentist or a dental hygienist is an essential health service. Cleaning of the teeth will help prevent periodontal disease (disease of the gums, bones and other tissues surrounding and supporting the teeth). Periodontal disease affects most people who do not keep their teeth and gums clean. Your dentist will tell you how often you should have your teeth cleaned.



Whether or not your town has fluoridated water, you may have heard something about it. Children and adults who have had the benefits of drinking fluoridated water since birth have up to 65 per cent less tooth decay than those who have not.

Fluoride is the only food nutrient that is presently known to provide the teeth with any added resistance to decay.

As a future citizen and parent you should know the facts about fluoridation. Ask your dentist or your physician or call your health department about it.



Where fluoridated water is not available, the dentist or dental hygienist can apply a fluoride solution to the teeth. These applications are most effective for young children and should be repeated as often as the dentist suggests.

## LET'S REVIEW

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1. **Get at your teeth with a toothbrush immediately after eating.**
2. **Don't let your "sweet tooth" ruin your teeth.**
3. **Make and keep appointments with your dentist as often as he suggests.**
4. **Learn all you can about fluorides and how they help prevent tooth decay.**

# BETWEEN

# 13

and

# 18

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AMERICAN DENTAL ASSOCIATION

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