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# Dental Care for You! (1964)

American Dental Association

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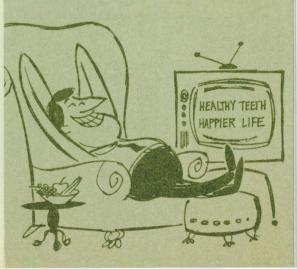
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# DENTAL CARE FOR YOU!



You are most fortunate. One of the benefits of your employment is that you have a dental prepayment program. This means that part of the cost of the dental care you need, or perhaps all, will be paid for you.

You may not have thought about it this way, but good dental health is an important part of general health. Healthy teeth and a healthy mouth make you feel better and look better. Most important, they make eating more comfortable and enjoyable. With good oral health, you feel better at work and when you are at home relaxing.

To take full advantage of the dental program, call the dentist of your choice for an appointment. Have him check your





teeth and determine what needs to be done. Then make appointments to have it done.

Remember that regular dental care is important to keep your teeth and mouth in good condition. Plan for checkups as often as your dentist suggests.

Whether or not your children are included in your dental program, you will want them to have the advantage of good



dental health too. A child should make his first visit to the dentist as soon as he has all his first teeth—at the age of  $2\frac{1}{2}$  or 3. With proper home care and regular dental care, dental bills will be smaller and, what is more important, health is improved.

Everyone's teeth are meant to last a lifetime. Yours will if you have regular dental checkups and are conscientious about home care. In addition to regular dental care, don't forget the importance of using a toothbrush after eating. Cut down on sweets for in-between-meal-snacks and lunches away from home. Ask your dentist about fluoride for your children's teeth.

Natural teeth in good health are better than the finest artificial dentures. Use your dental prepayment benefits to help you keep your own teeth.

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