

American Dental Association

ADACommons

Patient Dental Health Education Brochures

Special Collections

1978

it's up to you! (1978)

American Dental Association

Follow this and additional works at: <https://commons.ada.org/patientbrochures>



Part of the [Dental Hygiene Commons](#), and the [History of Science, Technology, and Medicine Commons](#)

Recommended Citation

American Dental Association, "it's up to you! (1978)" (1978). *Patient Dental Health Education Brochures*. 209.

<https://commons.ada.org/patientbrochures/209>

This Book is brought to you for free and open access by the Special Collections at ADACommons. It has been accepted for inclusion in Patient Dental Health Education Brochures by an authorized administrator of ADACommons. For more information, please contact commons@ada.org.

**it's
up to
you!**

Supragingival calculus showing mineralized surface plaque,
x 850 magnification.



it's up to you!

Your dentist and dental staff have introduced you to a dental disease prevention program designed to help you keep your teeth all your life. The success of that program depends largely on you.

1. You can thoroughly clean your teeth and gums each day. You know what plaque is and why you must remove it by flossing and brushing your teeth and gums thoroughly at least once a day.

2. You can use fluorides daily to prevent decay. See that your community has fluoridated water to drink. Use topical applications of fluoride (including rinses or gels) as prescribed by your dentist. Select an accepted fluoride toothpaste, especially for children.

3. You can choose a safe dental diet. Eat the right amounts from the four food groups each day. Between meals, it is particularly important to avoid the sugary, sticky foods that have little nutritive value but cause a lot of dental disease. Remember that the longer and

more often sugar is in your mouth, the greater the damage.

4. You can visit your dentist regularly. Your dentist and dental hygienist will examine your mouth and review your mastery of plaque control techniques, including staining, flossing, and brushing. In addition, they can provide ongoing nutritional counseling. If necessary, they can examine your mouth with X-rays and clean your teeth professionally. Your dentist can prescribe fluorides or recommend other techniques to prevent disease.

Your dental staff can teach you how to care for your mouth and can supervise your progress in preventing dental disease. But the responsibility for good oral health is yours. You make the final decisions for care and you must take the time to practice prevention. You're the only one who sees your mouth every day. If you choose, you can keep your mouth healthy for a lifetime. It's up to you!





American Dental Association

211 East Chicago Avenue

Chicago, Illinois 60611