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It's up to you (1954)

American Dental Association

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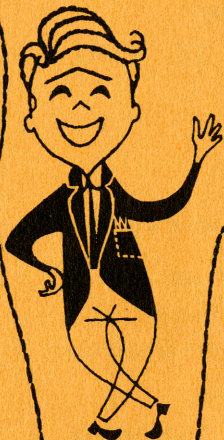
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IT'S UP TO YOU



YOU CAN HAVE

a healthier mouth
a more pleasing smile
a more enjoyable life

but

IT'S UP TO YOU

YOU CAN AVOID

discomfort and pain
loss of teeth
long hours in the dental chair

but

IT'S UP TO YOU

**YOUR DENTIST CAN
SERVE YOU**

more effectively
more efficiently
more economically

but

IT'S UP TO YOU

WHAT DO YOU DO?

It's really quite simple

**PRACTICE GOOD
MOUTH HYGIENE**

Brush your teeth immediately
after eating

Rinse your mouth with water if
brushing is not possible

**PRACTICE GOOD
EATING HABITS**

A well-balanced diet is
essential for good health

Avoid sugary foods and drinks
especially between meals

**SEE YOUR DENTIST
REGULARLY**

for

examination
prophylaxis
(cleaning of the teeth)
necessary treatment

neglect means:

discomfort and pain
loss of teeth
higher costs of dental
treatment

IT'S UP TO YOU