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## It's up to you (1954)

American Dental Association

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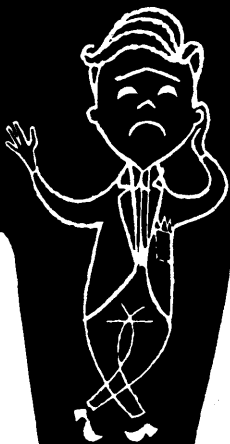
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IT'S UP TO YOU



**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**