

American Dental Association

ADACommons

Patient Dental Health Education Brochures

Special Collections

1974

Protect Your Investment in Good Dental Health (1974)

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, "Protect Your Investment in Good Dental Health (1974)" (1974). *Patient Dental Health Education Brochures*. 244.

<https://commons.ada.org/patientbrochures/244>

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.

Protect Your Investment in Good Dental Health

The preventive dental care you have just received represents an investment in money and in time. More importantly it is an investment in yourself. It gives you the basis for better dental health and improves the appearance and function of your teeth. It also makes you look and feel better.

However, this care now does not guarantee that you will have good dental health forever. Dental plaque (a film of harmful bacteria) is constantly forming in your mouth. This plaque is responsible for most dental caries (tooth decay) and periodontal (gum) disease.

But disease doesn't have to happen.

There are some things that can be done to prevent it.

What can we do?

Regular checkups are important. We will be happy to remind you.

We will examine your teeth and gums, supporting bones, tongue and other soft tissues of the mouth. Periodically we may take X-ray pictures to help build a complete understanding of your oral health. This enables us to diagnose early

any signs of decay, lesions, improper growth, or deficiencies. If calculus and stains have accumulated, we will clean your teeth.

If any problem has developed since your last visit, we will be able to begin treatment early, before the problem becomes serious, time consuming and expensive.

What can you do?

It is most important to keep your teeth and gums clean. This means thorough brushing and flossing *daily* to remove plaque and other materials that collect on and between the teeth and gums. Cleaning the teeth after eating *and* before bed is recommended for children and caries-prone adults.

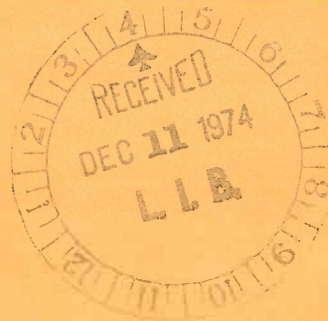
Drinking fluoridated water and using an effective fluoride toothpaste will literally prevent much

tooth decay by hardening the tooth enamel. Fluoride supplements also may be recommended.

Cutting down on the amount of sweets and the number of times per day they are eaten will help prevent tooth decay.

We are interested in helping you maintain your health. We know you are interested too. By working together we can protect your investment in good oral health.





AMERICAN
DENTAL ASSOCIATION
ARCHIVES
DO NOT CIRCULATE



AMERICAN DENTAL ASSOCIATION
211 East Chicago Avenue, Chicago, Illinois 60611