

The Importance of Flossing

Studies show that less than

1/2

of all Americans floss every day

Flossing gets rid of food particles left in your teeth. These particles collect bacteria and can start to form:

Halitosis

Chronic, terrible breath from bacteria build up.

Periodontal Disease

Bone deterioration.



Loss of teeth.

Heart Disease

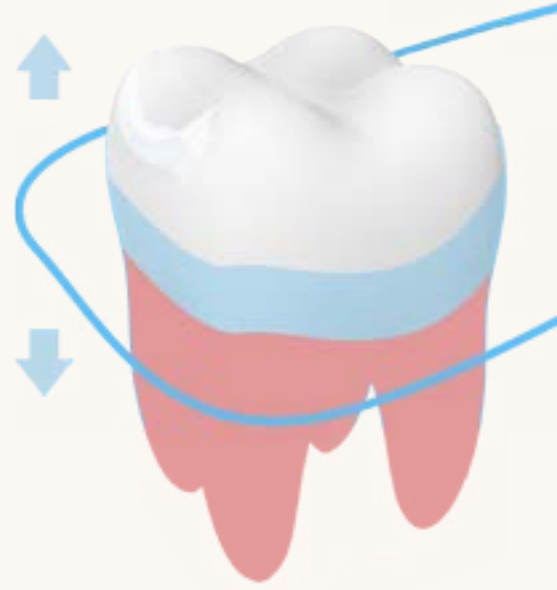
Those with gum disease are likely to develop heart disease.

Diabetes

95% of U.S. adults with diabetes also have gum disease.

How to Floss

1. Gently insert floss between teeth, without snapping.
2. Gently move up and down in-between the gum and tooth.
3. Floss all sides of your teeth.
4. Brush your teeth and rinse with water or mouthwash.



3 easy steps to Improve

1. Brush 2x a day with fluoride toothpaste and replace your toothbrush every 3-4 months.
2. Floss daily! This removes food particles caught between teeth.
3. Regular Dental Checkups every 6 months for professional cleaning and oral exams.

Floss to keep yourself healthy and vibrant!


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Sources:

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