



# Healthy Headlines

September 28 to October 7

## Caring for your gums and teeth!

With proper care, your teeth and gums can stay healthy throughout your life. Why not start now?? The healthier your teeth and gums are, the less risk you have for tooth decay and gum disease.

**CSB Health Services** is offering a **Flu Shot Clinic** on October 17th from 8:30am-10:00am pm in CSB Health Center (LL Lottie). The cost is \$11 and can be charged to your Student ID. This event is open to Bennies only!

### Email us at:

[healthinfo@csbsju.edu](mailto:healthinfo@csbsju.edu)

<http://www.webmd.com/oral-health/teeth-and-gum-care>

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CSB Health Advocates



Have fun. Play smart. Live well.

### Brushing:

Brush at least twice a day, or after every meal if you can

Brush your teeth for 2-3 minutes and then rinse with water



### Flossing:

Floss at least once a day

Floss between each tooth and behind them as well

Use clean floss

### Eating Right for Dental Health:

Eat a variety of foods, but fewer foods with sugar and starches

Avoid snacking on: candies, cookies, chips, crackers, etc.



### Regular Dentist Visits:

Visit at least once every six months

Have regular check ups and professional cleanings

Also see dentist for any questions



### Rinsing:

Antibacterial mouthwash rinse reduces bacteria that cause plaque and gum disease

Fluoride mouth rinses also help reduce and prevent tooth decay

