

CHEW ON THIS



HOW DOES YOUR BEVERAGE STACK UP?

Think having a glass of juice is better for your oral health than pop? You may be surprised. Even some healthier beverage options contain a high amount of sugar which can negatively impact your dental health, especially if sipped throughout the day.

DID YOU KNOW?

Between 10 and 39 percent of children's dental injuries result from sports accidents. Mouthguards are proven to reduce the incidence of these injuries.¹

Turn to page 12 to learn more about mouthguards.



This summer protect yourself from the sun and don't forget about your lips. Sun damaged lips are vulnerable to skin cancer.

Sunburns can occur in less than 15 minutes and repeated sun exposure to the lips can cause long-lasting damage.

Protect Yourself

- Use lip balm containing SPF 30 sunscreen
- Limit sun exposure
- Wear a broad-brimmed hat
- Seek shade



SUFFER FROM CONSTANT HEADACHES?

Your teeth may be responsible! Clenching or grinding your teeth or jaw, most commonly at night, can increase the tension in your mouth. Constant grinding can also affect your dental health by wearing down or breaking teeth and causing the gums to recede.

If you grind your teeth, talk to your dentist. They can provide you with advice and solutions (such as wearing a night guard) to help.

DID YOU KNOW?

If you're not flossing, you're only cleaning two-thirds of your teeth! Floss at least once a day to remove food, debris and plaque from between your teeth.

Learn more at yourdentalhealth.ca.

¹American Association of Pediatric Dentistry