

FIVE DENTAL SECRETS EVERYONE SHOULD KNOW



First, your teeth are neither created snow white nor invincible—teeth get cracked. You can break, dissolve, or abrade them... and they move too!



- Spend more time brushing your teeth
- Brush no less than twice daily
- Chewing gum can be good for your teeth
- Your teeth are not invincible bone crackers
- You've used your toothbrush too long



Your teeth are very delicate structures, even though they appear as hard as a rock. Take good care of them by visiting your dentists regularly and keeping note of healthy and unhealthy habits that affect them.



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