



# LYING TO YOUR DENTIST?



**27%**

of adults lie to their dentist about how often they floss.<sup>1</sup>

## Why don't people floss?<sup>1</sup>

"It's a lot of work"

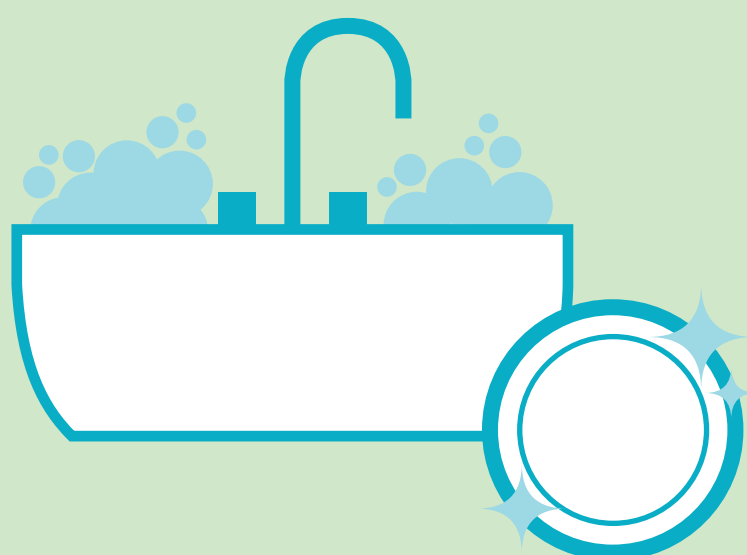
"My gums bleed"

"There's no immediate payoff"



**18%** would rather wash dishes<sup>1</sup>

**14%** would rather clean the toilet<sup>1</sup>



## YOUR DENTIST KNOWS IF YOU'RE LYING ABOUT...

FLOSSING  
REGULARLY



Plaque build up between teeth.<sup>2</sup>

DRINKING  
SODA



Tooth discoloration, plaque buildup and cavities.<sup>2</sup>

NAIL  
BITING



Bacteria from your nails can cause canker sores or infections.<sup>3</sup>

## STOP LYING, START DOING!



More than **700 species** of bacteria are found in plaque. Buildup of plaque leads to tooth decay, cavities and gum disease.<sup>4</sup>

Brushing only reaches **3 out of 5** surfaces of your teeth. Flossing reaches the other 2 surfaces.<sup>5</sup>



Brushing your teeth gets rid of **harmful bacteria**. It prevents cavities and reduces your risk of gum disease.<sup>6</sup>

1. <http://www.npr.org/sections/health-shots/2015/06/24/417184367/are-you-flossing-or-just-lying-about-flossing-the-dentist-knows>

2. <http://www.everydayhealth.com/hs/dental-health/lies-your-dentist-knows-youre-telling/>

3. <http://www.drbcuspids.com/index.aspx?sec=ser&sub=def&pag=dis&ItemID=320887>

4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1287824/>

5. <http://www.webmd.com/oral-health/features/still-not-flossing-more-reasons-why-you-should#1>

6. <http://kidshealth.org/en/teens/teeth.html>