

WILL 2019 BE YOUR HEALTHIEST YEAR EVER?

Guilderland, NY - Like many people, you may resolve to lead a healthier lifestyle each New Year. Have you considered enhancing your dental health as a goal? Good dental health habits not only promote healthy teeth and a beautiful smile, but contribute to your overall health as well. Here are some dental health tips to consider for the New Year:

Eat Healthy

A healthy diet is important for maintaining good dental health. Nutrients in fruits, vegetables, dairy products and whole grains strengthen teeth and fight bacteria that cause gum disease. Make a point this year to incorporate more tooth-healthy foods in your daily diet.

Control your sweet tooth

Sugary snacks and beverages are your teeth's worst enemy. When sugars are broken down in your mouth, they produce acids that wear away your enamel and cause tooth decay. Make it a goal this year to limit your intake of sweets, for your health and your teeth!

Quit using tobacco products

Tobacco use can cause all kinds of oral health problems, including:

- 🦷 Bad breath
- 🦷 Stained teeth
- 🦷 Gum disease
- 🦷 Tooth loss
- 🦷 Oral cancer

If you currently use tobacco, consider quitting this year. Instead, try out a healthier habit, like chewing sugar free gum, which stimulates the flow of saliva that washes away bacteria.

Brush and floss regularly

Brushing and flossing your teeth are the first line of defense against oral health complications. If you don't brush and floss as recommended, plaque can develop on and between teeth causing decay and gum disease, which can in turn lead to other health problems like heart disease. It's time to step up your game in 2019 and brush twice and floss once each day.

Regular checkups

Your dentist knows best when it comes to keeping your mouth healthy. Scheduling regular checkups allows your dentist to monitor your dental health and address any concerns before they become bigger problems. Visiting your dentist every six months is the best way to ensure a clean bill of dental health, so this year, schedule regular appointments and keep your mouth in good shape.

You owe a lot to those teeth and gums of yours. Do them a favor this New Year by practicing excellent dental health habits and smile big in 2019, because the more you smile, the longer you live. So why not take care of your teeth?

At Oshins of Smiles we wish you a happy and healthy New Year.

With Oshins of Smiles, Dr. Steven Oshins



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