

# Healthy Mouth Tips for Teens and Adults

When we think about oral health, we usually just think about brushing our teeth. But it's so much more! Having a healthy mouth also means taking care of your gums, the roof of your mouth, cheeks, and tongue.

**It's never too late to add, improve, or change oral health habits like choosing healthy foods, healthy snacks, and healthy drinks.** Each time we do something to take better care of our mouths, our overall health can improve.

## Brushing & Flossing Daily

**The best thing you can do to take care of your teeth, your mouth, and your overall health, is to brush and floss daily.**

- Use a toothbrush with soft bristles and a comfortable handle.
- Use a fluoride toothpaste—your teeth will thank you!
- Brush carefully at the gum line and both the front and back surfaces of your teeth.
- Brush for at least two minutes using light pressure and gentle motions.
- Don't forget to brush your tongue, too.
- After brushing, floss to clean between your teeth. Flossing will help remove bacteria which can remain even after brushing.

### Say YES to Eating Healthy



Good oral health is directly related to your overall health. That's why eating a healthy diet and drinking plenty of water is so important.

- ✓ Eat lots of fruits and vegetables
- ✓ Avoid frequent snacking
- ✓ Limit sweets or starchy snacks (like chips or crackers). Choose fruits, veggies, cheese, or nuts instead
- ✓ Skip sticky, chewy candies that cling to your teeth and are hard to clean off
- ✓ Drink water instead of sugary drinks (like sodas, juice, or sports drinks)

### Say No to Risky Behaviors



Avoid the following to minimize your risks for developing oral cancer:

- ✗ Smoking cigarettes or cannabis products
- ✗ Chewing tobacco
- ✗ Vaping
- ✗ Drinking alcohol regularly
- ✗ Mouth, lip and tongue piercings

And remember, it's important to **see a dentist twice a year to maintain good oral health.** Regular dental visits help keep your teeth and gums healthy. **If you have an upcoming appointment, please be sure to keep it.**

**MassHealth members have dental coverage through the MassHealth Dental Program.**

**Need help finding a dentist? Want to learn about your dental benefits?**

Call the MassHealth Dental Member Services call center at 844-MH-DENTL (844) 643-3685.

