

# DENTAL HEALTH

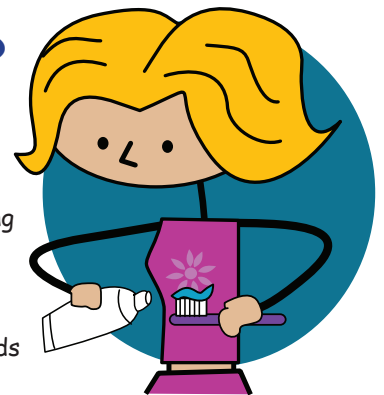


A D G R G E R C H R E W S S E N E P E R M A N E N T  
 L T H O C H E W I N G C A R H E R S F Y R Y O U J A  
 P Y W T M Y F E O T R O D Y A E R R A T Y R D A U L  
 D P M O R D N E Y T U N G T C H P M D I G E S T S W  
 S U A N C D I G A D D I O N O T L D E V V E W B E O  
 F H L H A S Y T H E E O A G G L R D L I E O I L B R  
 T S T V H E A G N N C D T O A A I B T S I E V R J  
 L T P I S D N I H T H T E U E O N R I M B E S E U  
 A N A T U A S L E I R O G U H O N U S U E S T A M  
 M E S I R T O D T S G H O O L T E Y N G E K N K R  
 E I T E B A I W M T T H O P Y I R D E O I H E F T  
 E A R E S Y R T O H U E P T I U L A E S N E M M A R  
 E T S R O O K S O D E W T R S E L T S I R B T S E  
 H U U U D I E M B A T N P Q H S L A E S Y A A T A  
 N L T N R T O O T H B R U S H O H S O D N E H P  
 F A G S A O N I F R B U L D Q L L F L I N R D M  
 N Y I S T E E S B G N I S S O L F F R M T I E

Read the dental health facts shown below.  
 Then, look for the **bold, underlined words** hidden in the word search above.  
 (Words can be found horizontally, diagonally, vertically, forward or backwards.)

## Do you know these important dental facts?

- It is important to keep your **teeth** and **gums** healthy because teeth help you talk, bite and chew. Chewing is very important because it breaks food down into smaller pieces, making it easier for your body to **digest** the food and absorb **nutrients**.
- As a child, it is better to use a smaller toothbrush with shorter **bristles** instead of using an adult toothbrush. Toothbrushes should typically be replaced every 3 months.
- Be sure to **brush** at least twice a day using short, gentle strokes with the **toothbrush** held at a 45-degree angle to your gums. Brushing too hard can make your gums recede, exposing the roots. This can cause pain and **sensitivity**. Not brushing enough allows acids to attack your tooth enamel, leading to **cavities**. Ask your dentist or dental **hygienist** to show you how to brush properly.
- The most important times of the day to brush are right after **breakfast** and **dinner**. It is also good to brush during the day if you snack, especially if you snack on something sticky or sweet. To do a good job, you should brush for 2-3 minutes each time you brush.
- **Flossing** your teeth at least once a day is critical to your oral **health**. Flossing reaches the 35% of each tooth's surface missed by your toothbrush. Just be careful not to cut into your gums. Gently guide the floss along the side of each tooth, forming a "c" shape. If you do not know how to floss, ask your dentist or dental hygienist to show you how.
- If you play a contact sport like hockey or football, you should talk to your **dentist** about a custom-fitted **mouthguard**. Mouthguards help protect you from concussions and broken teeth.
- Everyone grows **two** sets of teeth during their lives. The first set is called the primary dentition, or more commonly referred to as "baby" teeth. This first set has only 20 teeth. The second set, known as the **permanent** dentition, has 32 teeth. It is important to take good care of your teeth since once a permanent tooth is gone, it never grows back.
- **Fluoride** is a natural substance that can be found in many things like water and food. However, some people do not have fluoride in their water. If you do not have fluoride in your water, it is important to tell your dentist. Your dentist can give you fluoride **treatments** to help protect you teeth.
- **Smoking** and **chewing** tobacco products are bad for your oral health. Using tobacco products can lead to bad breath, stained teeth, bone loss, mouth sores, shrinking gums and **cancer**.



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