

GUIDELINES OF AMERICAN DENTAL ASSOCIATION (ADA) FOR ORAL AND DENTAL HEALTH



1. REGULAR BRUSHING:

Brush your teeth at least twice a day using fluoride toothpaste. This helps remove dental plaque and prevent tooth decay.



2. USING DENTAL FLOSS:

Daily flossing is essential to clean the teeth that toothbrush cannot reach, helping to prevent gum disease and cavities.



3. REGULAR DENTAL CHECK-UPS:

Visit your dentist at least once a year for check-ups and professional cleaning. Early detection of dental issues can prevent complications.

4. HEALTHY NUTRITION:

Maintain a balanced diet and limit sugar intake. Excessive sugar can contribute to tooth decay. The American Dental Association (ADA) recommends minimizing sugary foods and beverages.

5. USING FLUORIDE PRODUCTS:

Use fluoride-containing toothpaste and mouth rinses to strengthen tooth enamel and reduce the risk of cavities.



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