

BE YOUR OWN TOOTHBRUSHING HERO!

ISSUE
ONE

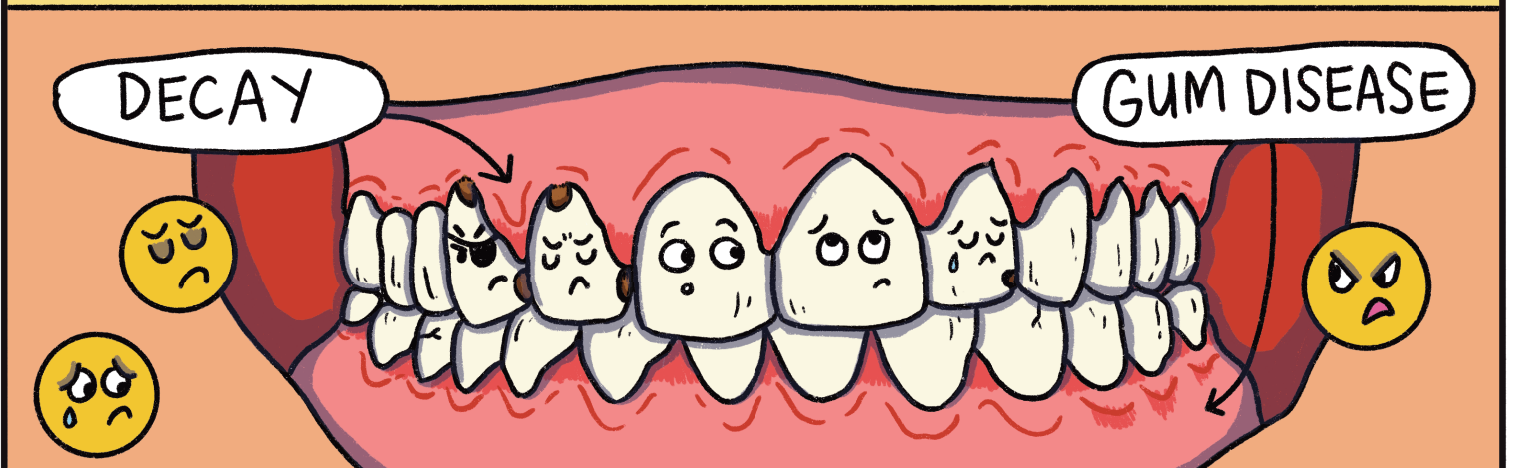


I'LL SHOW
YOU HOW!



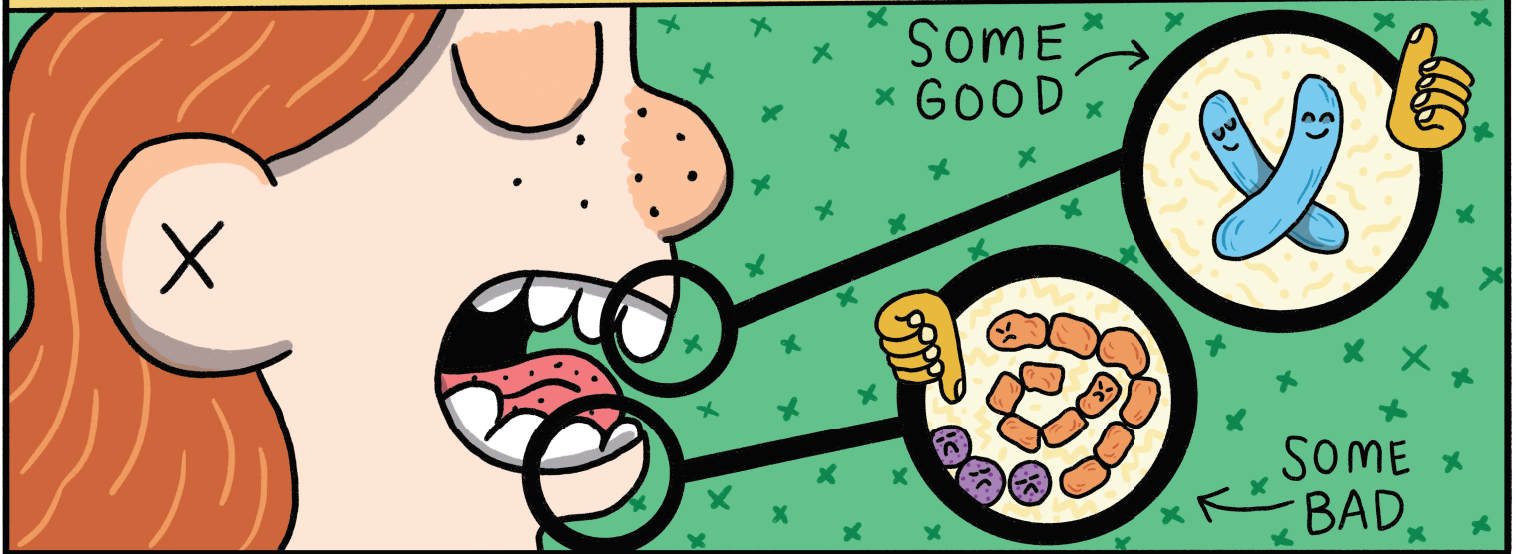


THERE ARE TWO MAIN WAYS THAT TEETH CAN GET SICK: DECAY AND GUM DISEASE.



BOTH OF THESE ARE CAUSED BY BACTERIA AND BACTERIA WASTE.

BILLIONS OF BACTERIA MADE UP OF OVER 700 DIFFERENT TYPES (THAT WE KNOW OF!) LIVE ON OUR TEETH.



WE CAN CHANGE THE AMOUNT OF GOOD VS BAD BACTERIA WE HAVE BY:

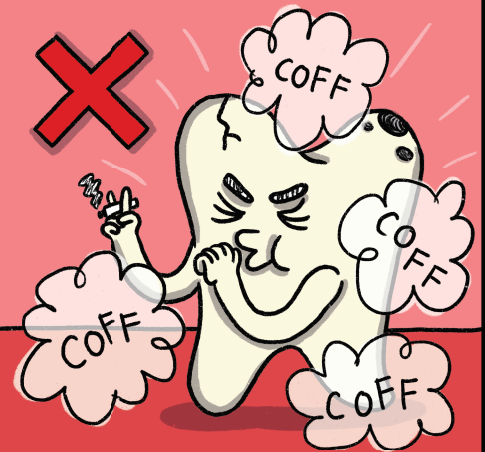
1. HOW OFTEN WE EAT SUGARS, INCLUDING NATURAL & HIDDEN SUGARS AND ACIDIC DRINKS.



2. HOW OFTEN, WITH WHAT AND HOW WELL WE BRUSH OUR TEETH AND GUMS.



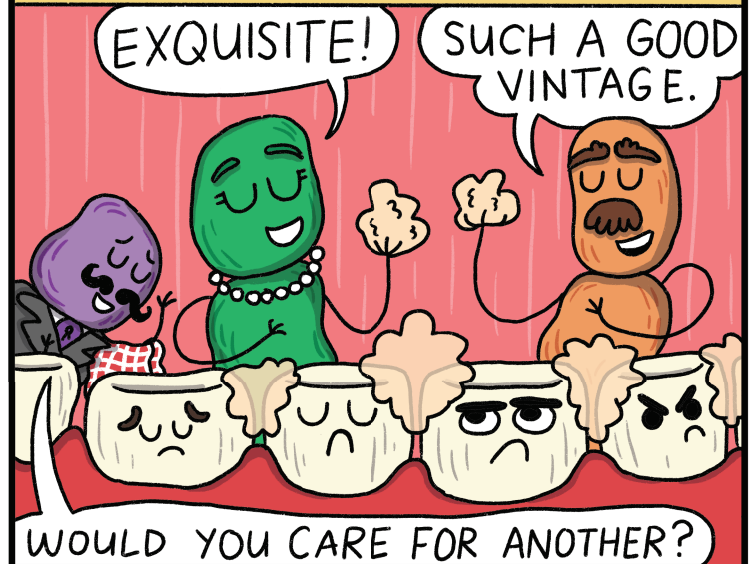
3. AND DEFINITELY NEVER SMOKING.



THE BACTERIA SET UP MINI CITIES ON OUR TEETH.



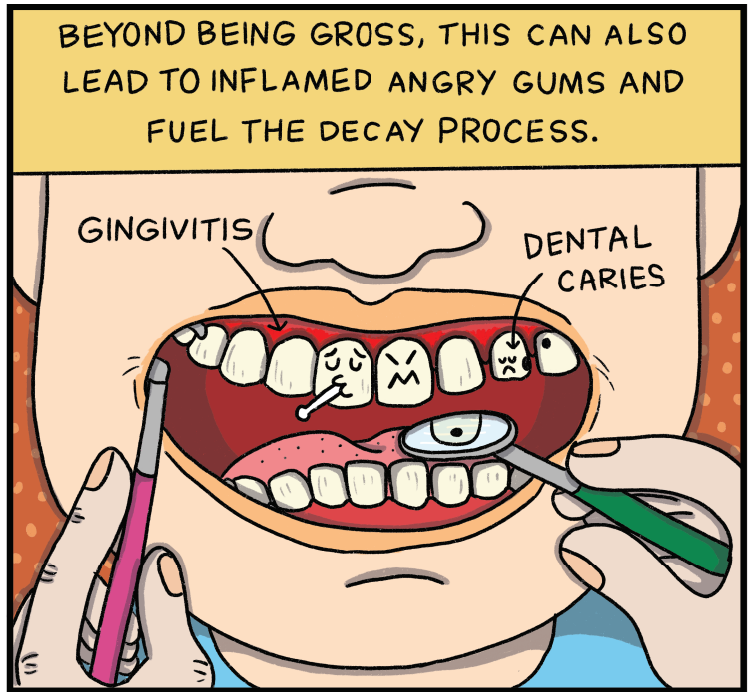
THEY EAT THE SUGARS AVAILABLE IN OUR MOUTH...





...AND POO ACIDIC WASTE ON OUR TEETH!

BACK IT UP!



BEYOND BEING GROSS, THIS CAN ALSO LEAD TO INFLAMED ANGRY GUMS AND FUEL THE DECAY PROCESS.

GINGIVITIS

DENTAL CARIES



THE WHITE FURRY GUNK YOU CAN SOMETIMES SCRATCH OFF YOUR TEETH IS MILLIONS OF BACTERIA AND ALL THEIR WASTE.



IF YOU DON'T CLEAN YOUR TEETH WELL AND OFTEN ENOUGH, THIS BUILDS UP. EVERY TIME YOU EAT, YOU'LL ALSO EAT THESE BACTERIA (AND THEIR POO!).

CARE TO TASTE?

ER...NO THANKS!



GUM DISEASE AND DECAY ARE BOTH LONG-TERM DISEASES. THEY CAN START WHEN YOU'RE YOUNG AND CAUSE A LIFETIME OF TEETH PROBLEMS.



YOU CAN PREVENT OR LIMIT THESE DISEASES FROM DAMAGING YOUR MOUTH BY BEING A TOOTH BRUSHING HERO!



SCAN QR CODE TO FIND OUT MORE

PLEASE ASK DR GABRIELLE IF YOU HAVE ANY QUESTIONS ABOUT TAKING GREAT CARE OF YOUR TEETH.