

Your mouth is in danger

PROTECT IT!



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Don't smoke or use tobacco products.



26%

More than 1 in 4 adults in the U.S. have untreated tooth decay —
SEE YOUR DENTIST!

3

Replace your toothbrush every three months.



1
Get your children to the dentist by their first birthday.



Some sharks have up to 50,000 teeth in their lifetime. You have only 32.

TAKE CARE OF THEM.



2
Brush your teeth at least twice a day.

Check out the Live Healthy section of www.BlueChoiceSC.com.

