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# તમારી સ્વાસ્થ્ય

## Your Health

### 5 Ways to Improve Your Dental Health



**Here are some very easy tips to help keep those teeth as long as possible!**

## **1. Spit, Don't Rinse**

After brushing your teeth, spitting out the toothpaste instead of rinsing your mouth out with water is a great idea.

The toothpaste contains fluoride which protects your teeth, so rinsing it away after brushing is like putting on some sunscreen and then washing it off before you went out into the sun. It might feel strange at first, but it'll soon become second nature.

## 2. Cut down the frequency of sugar intake

Of course reducing your sugar intake is good for your overall health anyway but if you had the same sugary snacks or drinks together for example at mealtimes rather than spreading them throughout the day, that is much kinder to your teeth.

Limiting these 'sugar attacks' to 4 or less per day allows your saliva time to work to protect your teeth and act as a buffer to the acid that is created as a result of the sugar.

### **3. Drink fizzy/sugar drinks through a straw**

The acid in fizzy drinks can cause erosion to the outer layer of your teeth. This erosion leaves the inner more sensitive layer called the dentine exposed.

So sometimes when you are drinking cold drinks or even out in the cold air you might feel some sensitivity of your teeth. Aiming a straw at the back of your mouth helps prevent this erosion and therefore sensitivity from occurring.

## 4. The dreaded Paan!

A lot of us are aware that smoking and excessive alcohol intake can increase the risk of cancer but so can Paan. Paan which is a combination of betel leaf (sopari) with areca nut increases the risk of oral cancer.

## 5. Try Sugar-Free Chewing Gum

Switching out a habit like eating Paan with sugar-free chewing gum is a great idea. The chewing gum stimulates saliva which protects your teeth and kills 2 birds with one stone by giving you fresh breath at the same time.



We hope this has helped!  
Tame 100 varus na sukhi thav - May you live  
happily to 100 years!

*તમરી તબિયત*  
**Your Health**



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**Tamari Tabiyat - Your Health**