

Oral Health - Healthy Tips and Harmful Habits

Harmful Habits

Vaping has been associated with increased risk of dry mouth, gum disease, cavities and oral cancer. This harmful habit is not only bad for your mouth and teeth, but also addictive and contains harsh chemicals that are bad for your health. Vaping is not a safer option than smoking tobacco!.

Smoking: Smoking is not only bad for your health, but also bad for your mouth and teeth. Dry mouth, gum disease, cavities and an increased risk of oral cancer are some of the risks associated with smoking. Smoking also stains your teeth and causes bad breath!

Chewing Ice, biting your nails, and using your teeth as tools: Avoid using your teeth to open bags or doing anything else besides chew your food! This habit can cause your teeth to crack and chip.

Oral Piercings: Oral piercings can cause infections in your mouth as well as chips and cracks to your teeth.

Talk To Your Dentist!

Here are some topics to discuss at your next visit:

Transitioning to Adult Care: It may be time to ask when you should start seeing a Dentist that also see's adults. Most kids have all their adult teeth by age 13!

HPV: Certain types of HPV can cause oral cancer as well as other types of cancers in the body. Talk to your Dentist about the HPV vaccine.

Brush 2x a day to keep your teeth healthy and avoid bad breath!

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Questions?

Call Member Services m-f 8am-6pm
1-866-375-3257, TTY 711

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