

# Did You Know?

(NAPS)—Regular checkups are important to save your smile, even if you get anxious about visiting the dentist. You can find tips on keeping calm from the experts at Delta Dental of Washington online at [www.deltadentalwa.com](http://www.deltadentalwa.com).

Adding flossing to your daily routine could save you hassle and expense of dental treatments down the road. Fortunately, there are a variety of flosses made to fit your needs and preferences. Learn more from the experts at Delta Dental of Washington at [www.deltadental.com](http://www.deltadental.com).

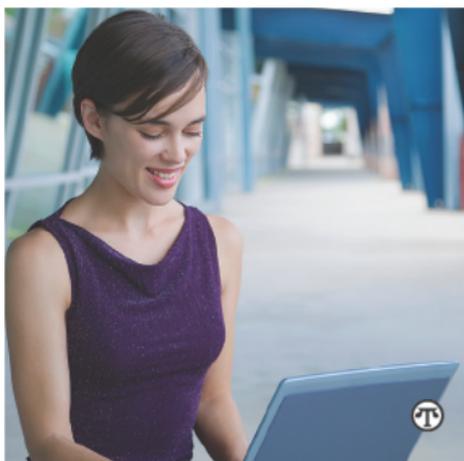
Lips are one of the most sensitive organs in the body, composed of more than a million nerves, yet they are often neglected and not treated properly. For tips on lip care from the experts at Delta Dental of Washington, visit [www.deltadentalwa.com](http://www.deltadentalwa.com).

A Stop-Drive Advisory warns owners of model-year 2003 Ram 1500/2500/3500 pickups who have not replaced their recalled Takata air bags to do so. To learn more, call 833-585-0144, or enter your license plate number or VIN in the search engines at [mopar.com/recalls](http://mopar.com/recalls) or [checktoprotect.org](http://checktoprotect.org).

Storms can strike at any time, so having the right outdoor power equipment on hand and keeping safety in mind is important, says the Outdoor Power Equipment Institute (OPEI). Learn more at [www.opei.org](http://www.opei.org).

Those looking to improve their family yard for more fun this season should avoid common backyard renovation mistakes, advises Kris Kiser, President & CEO of the TurfMutt Foundation, which encourages people to care for and use their outdoor spaces. Learn more at [www.TurfMutt.com](http://www.TurfMutt.com).

A clean HVAC system cools better while using less electricity. So change filters frequently and have your ducts professionally cleaned. To find a qualified contractor, enter your zip code in the National Air Duct Cleaners Association (NADCA) online directory at [www.breathingclean.com](http://www.breathingclean.com). A clean HVAC system cools better while using less



electricity. So change filters frequently and have your ducts professionally cleaned. To find a qualified contractor, enter your zip code in the National Air Duct Cleaners Association (NADCA) online directory at [www.breathingclean.com](http://www.breathingclean.com).

We use the Internet for work and school more than ever. But connecting on multiple devices can lead to slower speeds and security risks. Prepare for the back-to-school season with tips to keep your family connected and protected online. Learn more at [www.smartmove.us/back-to-school-internet](http://www.smartmove.us/back-to-school-internet).

In Massachusetts, National Grid works to make clean energy a success. A wide variety of programs help people cut costs. Learn more at [www.massave.com](http://www.massave.com) and [www.nationalgridus.com/MA-Home/Bill-Help/Payment-Assistance-programs](http://www.nationalgridus.com/MA-Home/Bill-Help/Payment-Assistance-programs).

For people with vision problems, literacy or language difficulties, or dyslexia, there's CVS Pharmacy's Spoken Rx, a free digital solution that reads important prescription information aloud. To find a CVS Pharmacy near you or to learn more about Spoken Rx, visit [www.CVS.com/SpokenRx](http://www.CVS.com/SpokenRx).

The American Liver Foundation (ALF) encourages everyone to find out if they are at risk for fatty liver disease through its national public awareness campaign, Think Liver Think Life, and by taking a simple liver health quiz, available at [www.thinkliverthinklife.org/quiz](http://www.thinkliverthinklife.org/quiz).