

# Caring For Your Teeth Made Easy

## Top Tips For Maintaining A Beautiful Smile

(NAPSA)—Your smile is one of the first things people notice about you, but a healthy smile that lasts a lifetime takes more than a little luck: proper brushing, flossing and regular dental visits are vital to great-looking teeth. Oral health also affects overall health and well being, so make your smile the best it can be by following these simple tips:

- **Eat right for pearly whites**

Keep your teeth and gums healthy by eating a variety of nutritious foods, including those rich in calcium, which makes your teeth hard and strong. Choose healthy snacks like carrots and apples rather than sticky foods that get stuck between the teeth. Avoid deeply-colored foods and drinks, like tea and coffee, which can cause stains on teeth.

- **Create a buzz about brushing**

People are buzzing about electric toothbrushes. They are now affordable for every family with the new Crest SpinBrush, available for approximately \$5.99. The Crest SpinBrush cleans teeth better than an ordinary manual toothbrush and is the only brush with stationary and oscillating bristles that effectively clean, polish and remove plaque from teeth.

- **Don't rush when you brush**

Adults and children should remember to brush thoroughly twice a day. Clean the outer surfaces of each tooth, working your way to the inside, tops and bottoms of your teeth.

- **Get between your teeth**

Flossing is an important step to complete oral health. It removes plaque that can't be removed by brushing alone from under the gumline and between your teeth. Flossing before brushing loosens the plaque and debris, which allows it to be brushed away easily.

- **Open wide and say "Ahh!"**

Visiting the dentist for regular



**A winning smile is easy to achieve with the new electric Crest SpinBrush. It cleans teeth better than an ordinary manual toothbrush and comes in great styles and colors that make brushing fun for the whole family.**

oral checkups is vital to maintaining a healthy smile. You should go to the dentist every six months, or as recommended by your dental health care professional. Ideally, children visit a dentist by their first birthday.

- **Invest in the right tools for the teeth**

It's simple to keep your teeth great if you have the right tools. For example, select toothpaste that contains fluoride. Encourage children to brush by choosing kid-friendly toothpaste, like ones that are fun-flavored or contain sparkles.

- **Smile in style**

Hem lines and heel sizes may come and go, but a bright smile is always in fashion. Investing in your teeth can pay dividends for a lifetime, much more than even that classic black dress or a set of pearls! Think of a smile as your most precious accessory; something to be cared for and cherished. Besides, it takes more facial muscles to frown than to smile, so go ahead and flaunt it.

For additional oral health tips, check out the Crest Family Care Center on the Web at [www.crest.com](http://www.crest.com).