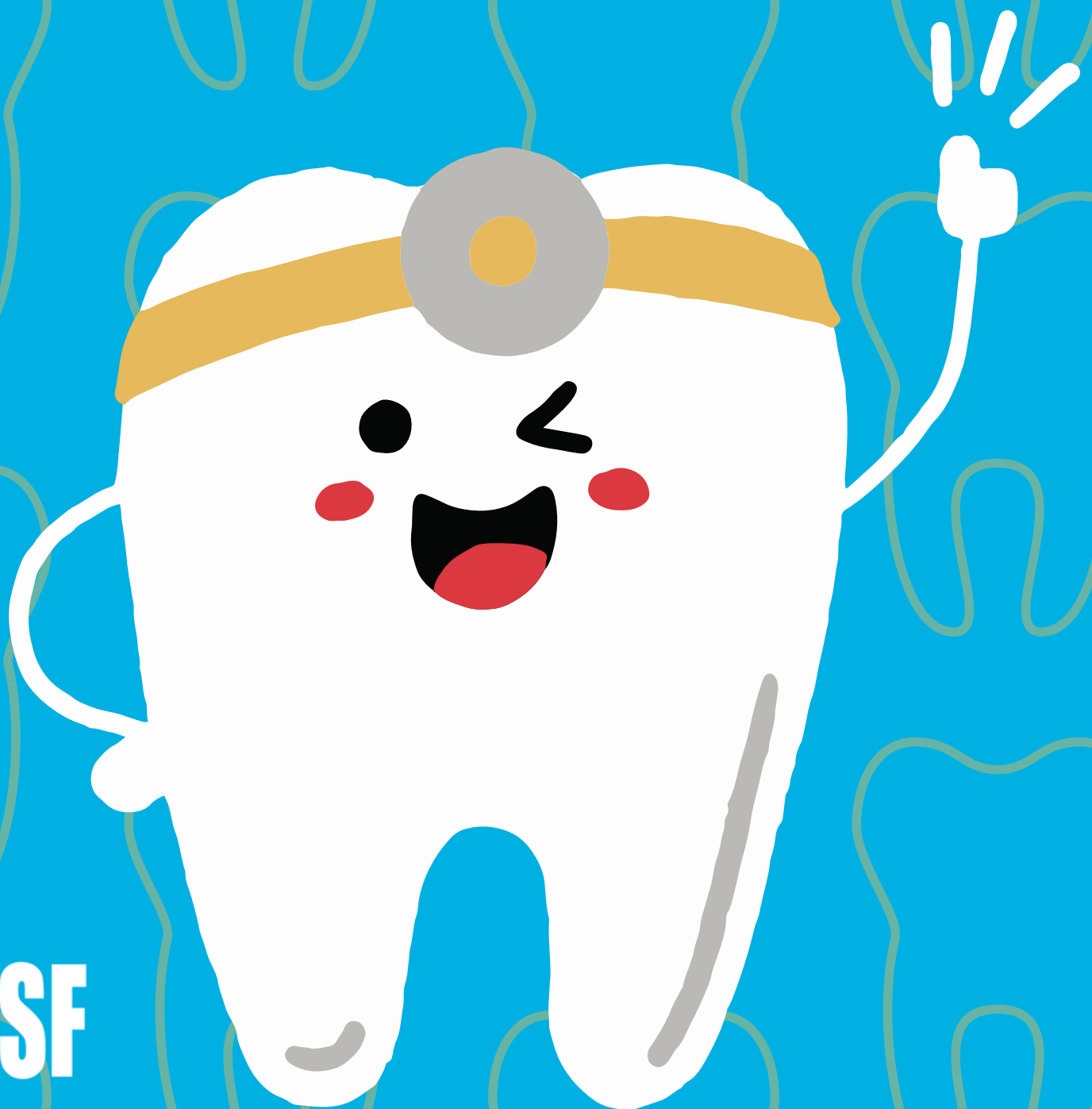


# FEBRUARY

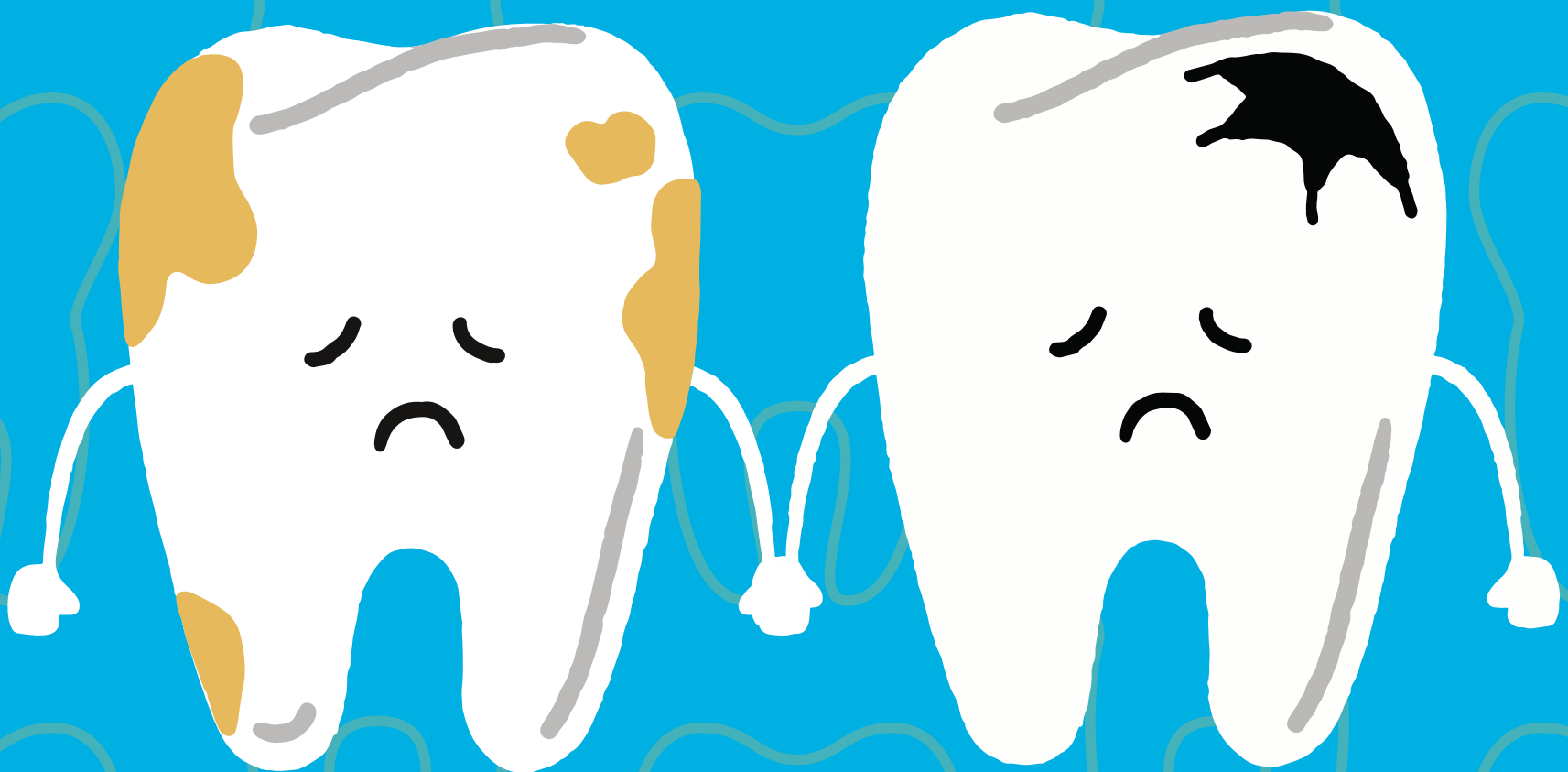
## CHILDREN'S ORAL HEALTH MONTH



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# DID YOU KNOW...?

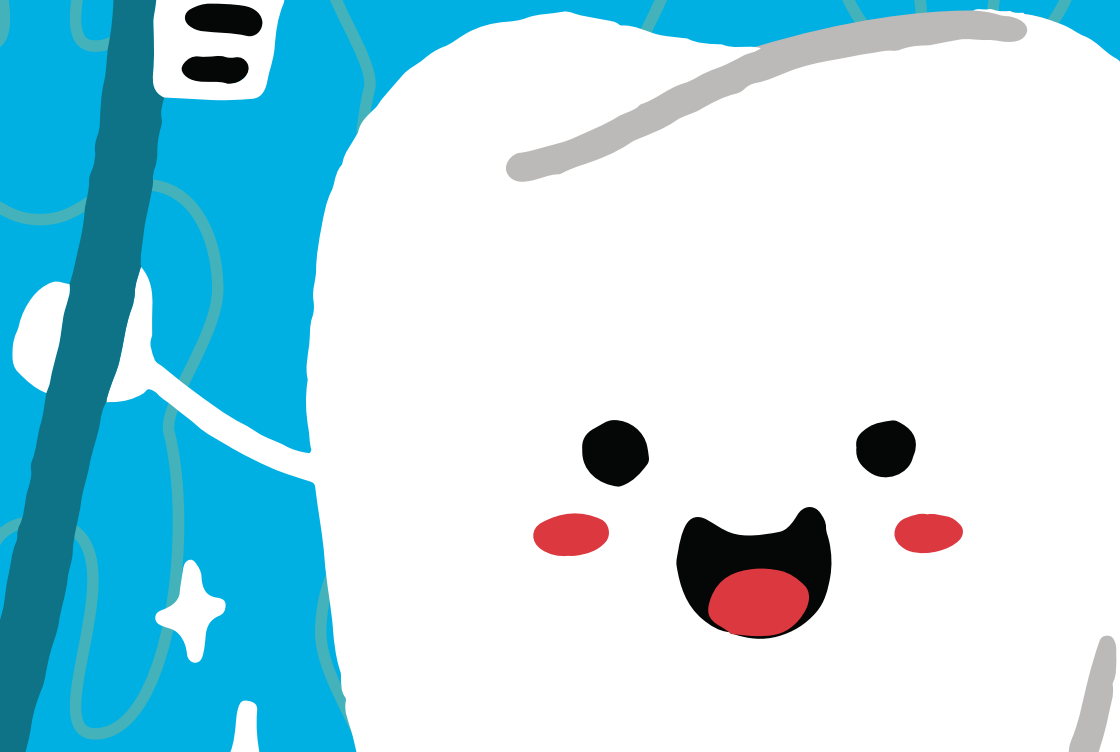
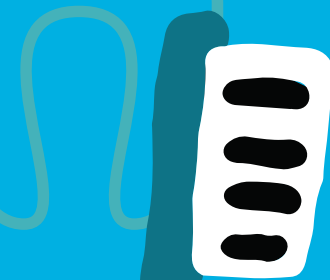
Tooth decay starts when leftover food and sugary drinks mix with germs to create acids that attack your teeth! Over time, this can lead to cavities and weaken your smile.



# THE GOOD NEWS?

Brushing twice a day, flossing daily, and cutting back on sugary snacks can keep your teeth strong and healthy!

Don't forget regular dental checkups too!



# FEBRUARY

## CHILDREN'S ORAL HEALTH MONTH

**YOUR ORAL HEALTH MATTERS MORE  
THAN YOU THINK—IT'S THE GATEWAY  
TO A HEALTHIER YOU!**



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FOLLOW THE **2-2-2** RULE FOR  
A WINNING SMILE:



**BRUSH YOUR TEETH 2 TIMES A DAY FOR  
2 MINUTES USING FLUORIDE TOOTHPASTE TO  
FIGHT CAVITIES AND PLAQUE.**

**VISIT YOUR DENTIST 2 TIMES A YEAR FOR  
REGULAR CLEANINGS AND CHECK-UPS TO  
CATCH ANY ISSUES EARLY.**



**GOOD HABITS TODAY MEAN A BRIGHTER,  
HEALTHIER TOMORROW.  
LET'S MAKE ORAL HEALTH A PRIORITY BECAUSE YOUR  
SMILE DESERVES IT!**



# FEBRUARY

## CHILDREN'S ORAL HEALTH MONTH

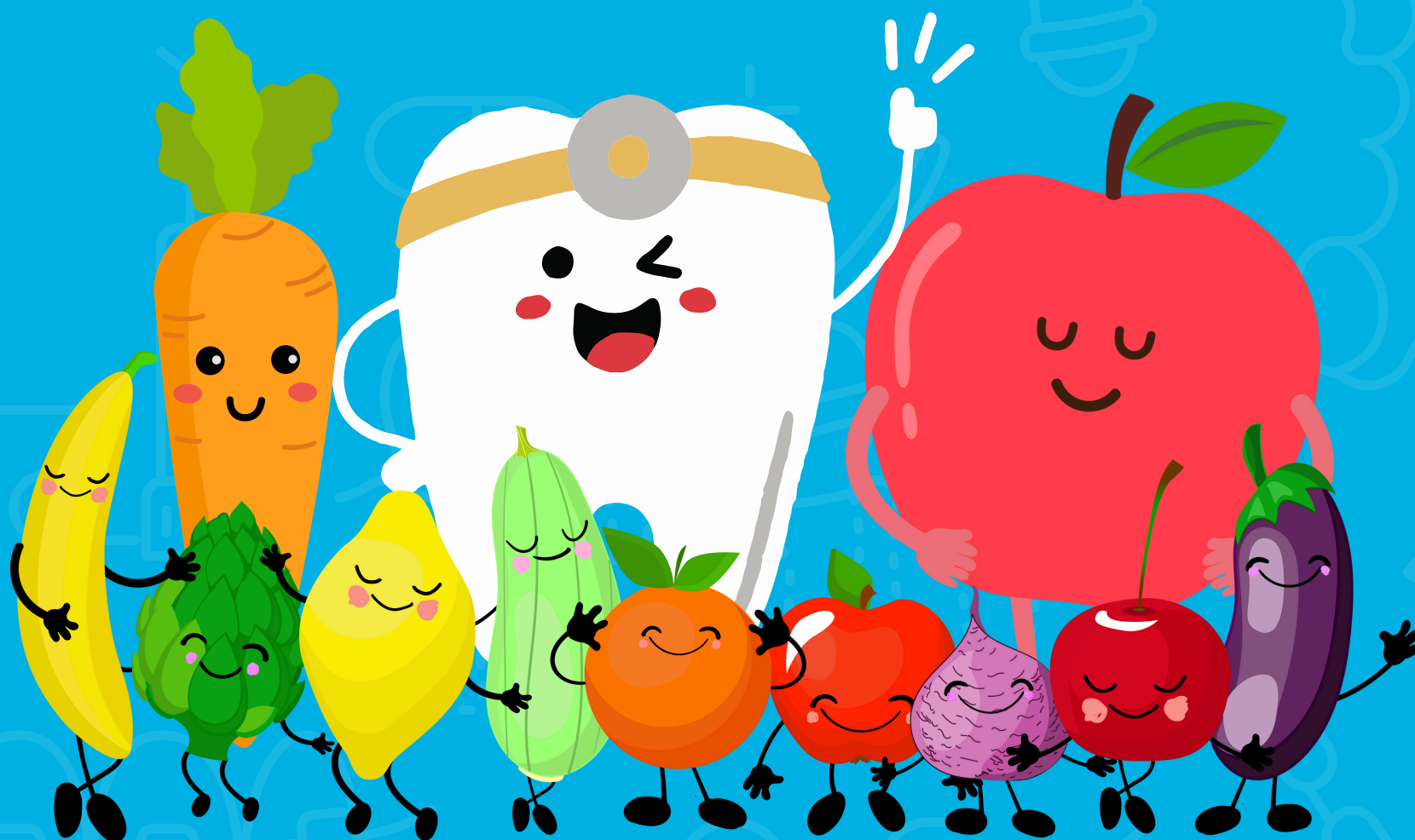
DID YOU KNOW THAT YOUR FOOD CHOICES CAN  
AFFECT YOUR ORAL HEALTH AS MUCH AS  
BRUSHING AND FLOSSING?



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CHOOSING TOOTH-FRIENDLY SNACKS IS A DELICIOUS  
WAY TO PROTECT YOUR TEETH WHILE FUELING UP  
THROUGHOUT THE DAY.

CHOOSE THESE HEALTHY SNACKS FOR  
YOUR SMILE:



**FRUITS AND VEGETABLES:**

SUCH AS APPLES, CARROTS, AND CELERY, CLEAN  
YOUR TEETH NATURALLY AND STIMULATE SALIVA  
PRODUCTION, WHICH HELPS FIGHT CAVITIES.



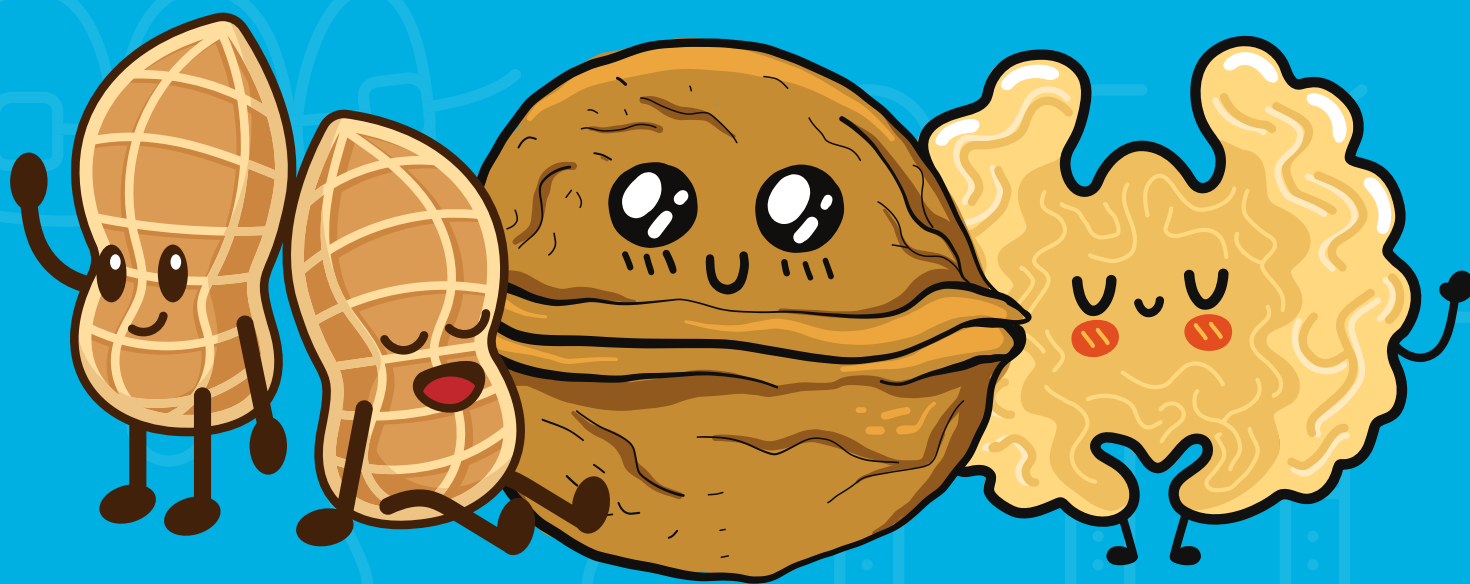
## CHEESE, YOGURT, AND MILK:

RICH IN CALCIUM AND LOW IN SUGAR, THEY STRENGTHEN TOOTH ENAMEL AND KEEP YOUR SMILE STRONG.

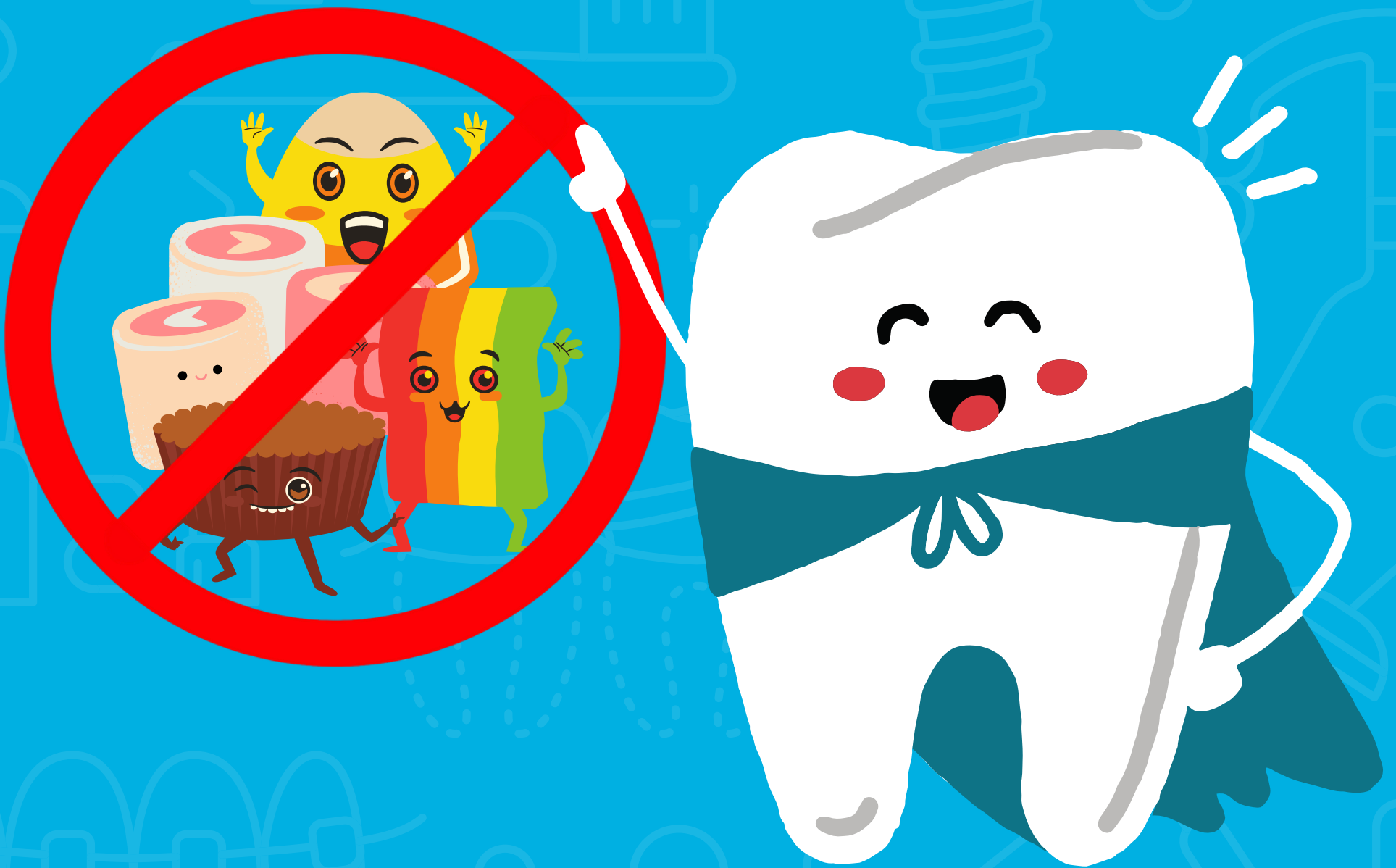


## NUTS AND SEEDS:

FULL OF MINERALS LIKE PHOSPHORUS AND CALCIUM TO KEEP YOUR TEETH HEALTHY.



**AVOID SUGARY SNACKS THAT STICK TO  
YOUR TEETH AND CAUSE CAVITIES.**



**SNACKING SMART IS EASY—YOUR TEETH WILL  
THANK YOU WITH A BRIGHT, HEALTHY SMILE  
FOR A LIFETIME!**

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