

## DID YOU KNOW...

- EXPECTANT MOTHERS WITH POOR HYGIENE ARE UP TO 7X MORE LIKELY TO DELIVER PREMATURE & LOW BIRTH BABIES
- GUM DISEASE IS 3X HIGHER IN PEOPLE WHO SMOKE COMPARED TO THOSE WHO HAVE NEVER SMOKED



## SHIFA COMMUNITY DENTAL CLINIC

SHIFA COMMUNITY CLINICS DENTAL CLINIC AIMS TO PROVIDE PATIENTS WITH BASIC DENTAL CARE. THIS INCLUDES EXAMS AND X-RAYS, CLEANINGS, FILLINGS, CAVITIES, AND EXTRACTIONS. WE ALSO PROVIDE CARE FOR PATIENTS WITH URGENT TEETH PAIN.

WE HOLD DENTAL CLINIC DURING REGULAR CLINIC ONCE OR TWICE A MONTH, SEEING ABOUT 3 PATIENTS PER SUNDAY. IF YOU HAVE URGENT TEETH PAIN OR WOULD LIKE TO BE PART OF DENTAL CLINIC, PLEASE CONTACT SHIFA COMMUNITY CLINIC AT (916)441-6008.

# DENTAL CARE

UNDERSTANDING THE IMPORTANCE OF ORAL HYGIENE



## WHY SHOULD I CARE ABOUT MY TEETH/ORAL HYGIENE?

ORAL HYGIENE ISSUES ARE RELATED TO:

- HEART DISEASE
- DIABETES
- RESPIRATORY PROBLEMS
- OSTEOPOROSIS
- PREMATURE BIRTH



## WHAT NEGATIVELY AFFECTS MY ORAL HYGIENE?

- SUGARY FOODS
- ACIDIC FOODS
- SMOKING
- NOT MAINTAINING GOOD ORAL HYGIENE HABITS

## *Tips for good oral hygiene*

**PROPER BRUSHING:**  
[2X/DAY, 2 MINUTES EACH]. MOVE BRISTLES IN CIRCULAR MOTIONS. REPLACE BRUSH EVERY 3-4 MO.



**FLOSSING:**[1X/DAY]. FLOSSING REMOVES FOOD PARTICLES YOUR TOOTHBRUSH CANNOT REACH. IT PREVENTS TOOTH DECAY & GUM DISEASE.

**VISIT YOUR DENTIST:**  
[EVERY 6 MO.]. DENTAL CLEANINGS PREVENT TARTAR FROM ERODING TEETH & ALLOW DENTISTS TO CHECK FOR DISEASES



**EAT A BALANCED DIET. LEAFY VEGETABLES ARE HIGH IN CALCIUM & BUILD UP ENAMEL OF TEETH. CRUNCHY FRUITS INCREASE FLOW OF CLEANSING SALIVA**

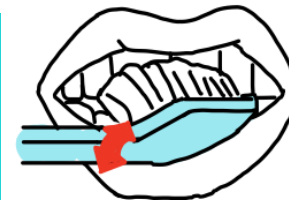


### 01



PLACE THE BRISTLES ALONG THE GUMLINE AT 45 ANGLE, WITH MAJORITY OF YOUR TOOTHBRUSH CONTACTING THE TEETH.

### 02



GENTLY MOVE THE BRUSH IN A SMALL, CIRCULAR MOTION. EXERT GENTLE VIBRATORY PRESSURE.

### 03



BRUSH THE OUTER SURFACES, INNER SURFACES, AND CHEWING SURFACES OF THE TEETH

### 04



USE THE TIP OF THE BRUSH TO CLEAN THE INSIDE SURFACES OF THE FRONT TEETH, USING A GENTLE UP & DOWN STROKE

### 05



BRUSH YOUR TONGUE TO REMOVE BACTERIA AND FRESHEN TEETH.