

# Health And Well-Being

## To Protect Your Health, Protect Your Toothbrush

(NAPSA)—Did you know that keeping your toothbrush clean is a simple way to help protect your health and the health of your loved ones year-round, and especially during flu season?

### Dentists' Advice for the Entire Family

According to pediatric dentist Danielle Gilbert-Fowler, D.M.D., "Oral health is not just about your mouth, it's about your overall health. The mouth is a major doorway for all sorts of microorganisms, which can be linked to anything from the common cold to heart disease and diabetes. Hence, the importance of having a healthy mouth cannot be overstated."

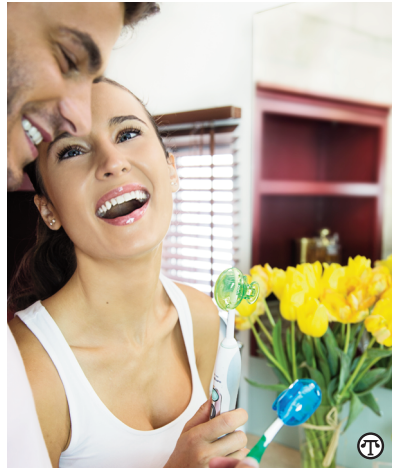
"More than 300 kinds of microorganisms thrive in the human mouth," explains Astrid Shroetter, D.D.S. "What's more, the typical toothbrush is reused for months and never cleaned thoroughly."

Research indicates that kids get sick on average about 10 times a year—that's almost once a month. While dentists and parents both encourage good oral hygiene, it would be nice to do so without worrying about potential reinfection caused by brushing teeth with contaminated toothbrushes. As Dr. Gilbert-Fowler puts it, "You wouldn't clean your house with a dirty washcloth. Why clean your teeth with a dirty toothbrush?"

### A Solution

"It's important to keep toothbrushes in a clean environment and separate from other toothbrushes," recommends Gilbert-Fowler. "Use of a Steripod® clip-on toothbrush protector will help keep your toothbrush clean and protect against outside contaminants and cross contamination from other toothbrushes. It's important for kids and adults alike to replace toothbrushes every three months or more frequently after any illness."

Developed by doctors and independently tested for efficacy at an accredited lab, Steripod is a clip-on protector that fits any standard or



**Regular visits to the dentist and using a fresh, clean toothbrush with a Steripod clip-on protector can be good for your teeth and your overall health.**

electric toothbrush. Using a patented natural vapor shield of thymol, derived from the thyme plant, Steripod keeps toothbrushes fresh and clean for up to three months. Simply clip it on your electric or manual toothbrush and it goes to work; no cables or batteries are needed. You can use it at home, work, the gym, school or when you travel.

### More Pearls of Wisdom for Your Pearly Whites:

To further put the bite on dental disease, heed these five tips from the experts at the American Dental Association:

1. Brush your teeth twice a day for two minutes with a soft-bristled brush.
2. Replace your toothbrush every three or four months, or if the bristles are frayed.
3. Use an ADA-accepted fluoride toothpaste.
4. Clean between teeth daily with floss.
5. Visit your dentist regularly for professional cleanings and oral exams.

### Learn More

Visit [www.GetSteripod.com](http://www.GetSteripod.com) or call (310) 204-7880.