

Healthy Smiles

Quick And Easy Steps To Keep Teeth Healthy And Clean

(NAPSA)—A healthy smile is important to your overall look. After all, it is one of the first things most people notice. However, are you really doing everything you should to care for your pearly whites? Does your dentist or dental hygienist ever say that you have to floss more often? Most people brush their teeth every day but many simply don't like to floss. Unfortunately, by skipping this important step, you risk serious dental issues, such as bad breath, gingivitis and even tooth loss. A good at-home oral hygiene routine should always include flossing. When you floss, you can get in between teeth to remove plaque where regular toothbrushing cannot reach. To make flossing easier, there have been recent introductions of new oral care tools that eliminate the need to use traditional string floss—among these are the Waterpik Water Flosser and the Sonicare AirFloss.

Each is easy to use, but when clinically tested, the Waterpik Water Flosser was the clear winner. According to a recently published study in *The Journal of Clinical Dentistry*, the Waterpik Water Flosser was significantly more effective than the Sonicare AirFloss at removing plaque and



Research suggests taking proper care of your teeth and gums is easier than many people realize.

reducing gingivitis. During the four-week study, subjects were given either product, plus a manual toothbrush to use as part of their daily oral care routine. The study found that the Water Flosser was 80 percent more effective than the AirFloss for gingivitis reduction and 70 percent more effective at removing plaque.

So for anyone who has had “the talk” with his or her dental professional or simply does not like to floss, the Waterpik Water Flosser offers an easy and more effective way to improve oral health.

For more information, visit www.waterpik.com.