

Your Teeth

Ten Hints For A Super Smile

(NAPSA)—More than 100 million people lack dental insurance and cannot access oral health care, the Academy of General Dentistry reports. That, however, shouldn't keep you from having a great smile. Seeking free dental advice, more than 8,800 consumers called the Academy of General Dentistry's 2002 SmileLine hotline, sponsored with help from Dentsply International and Kodak Dental Products. These at-home tips from the Academy can help consumers save their smiles:



1. Brush for the length of a favorite song.

2. Use a straw when drinking coffee and tea to help prevent enamel stains.

3. Chew sugarless gum, it helps triple the amount of saliva, protecting against cavities.

4. Apply lip balm, it protects against cold sores when outdoors.

5. Use a toothbrush cover to protect toothbrush and prevent spread of bacteria.

6. Avoid grinding teeth, chewing ice, or fingernail biting.

7. Remove plaque by daily brushing and flossing.

8. Take children to the dentist six months after the first tooth erupts.

9. Don't spit, use straws or drink carbonated drinks following wisdom tooth extractions.

10. Denture wearers should schedule regular six-month visits to the dentist to protect against diseases, including cancer.

For free dental advice, post questions on SmileLine Online, www.agd.org. For a free dental brochure, call 1-877-2X-A-YEAR.