

How to Prevent Oral Diseases



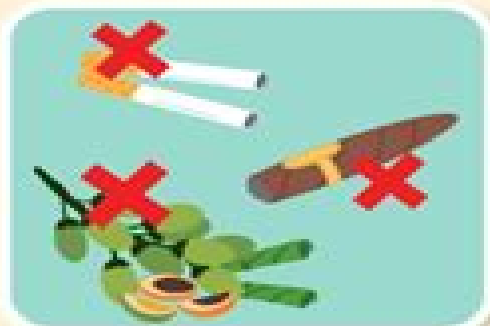
Brush your teeth with fluoride toothpaste two times per day



Eat a healthy diet high in fruits and vegetables



Limit intake of free sugars



Do not use tobacco, areca nut, or betel quid



Limit alcoholic drinks

Most oral diseases are preventable

Prevention Of Oral Disease

AW Chickering



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