



Anishinaabemowin

Zhaazhoomingwenwok gewe
Anishinaabek. Zhaazhoomingwenwok
gewe Anishinaabe kwek.

Anishinaabemowin gdimimikaagoom. Did you know the health of your mouth can predict the health of your body?

Health issues like diabetes, obesity, heart disease, premature birth, Alzheimer's, and more can worsen your oral health—and vice versa. Sound scary? Don't worry—you can take care of your mouth and help keep your whole body healthy by following these steps:



Brush your teeth
twice a day.



Floss your teeth
once a day.



Use mouthwash
once a day.



Visit the dentist
twice a year.



Choose water
over sugary drinks
when possible.



Eat more fruits
and veggies.



Limit alcohol and
tobacco use.

Anishinaabemowin zongaabewzin.

If you need help finding an affordable dentist,
visit www.smilehelpnow.com