



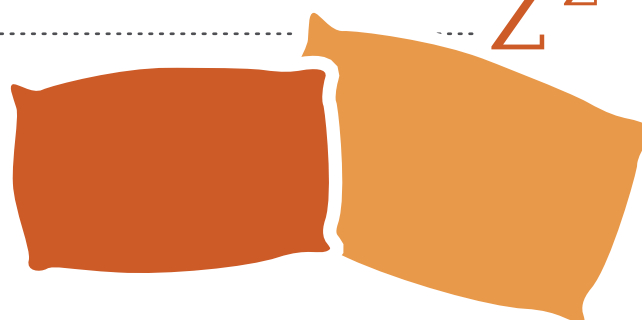
YOUNG ADULT CARE

With newfound independence comes newfound responsibility. Try these tips to keep oral health in tip-top shape during the young adult years.

STRESS CAN CAUSE TOOTH GRINDING. TO MANAGE IT YOU CAN:



Eat healthy.



Get plenty of sleep.



Exercise regularly.



A MOTHER'S ORAL HEALTH LINKS TO HER BABY'S OVERALL HEALTH.

IT'S IMPORTANT TO:

Get a checkup and cleaning while pregnant.

Have any necessary dental work done in the second trimester.

Keep an eye out for pregnancy "tumors" and gingivitis.

LIFELONG BAD HABITS CAN FORM AS A YOUNG ADULT.



DON'T START smoking.



AVOID excessive alcohol consumption.



LIMIT soda and junk food consumption.