

When it comes to taking care of your health, nothing is as effective as taking regular trips to the doctors, but in a post-COVID-19 world this has become ever more challenging as some of our routine services have been deemed non-essential or cosmetic. This includes our trips to the dentist making it more important to take proactive and preventable measures at home to protect your oral health. Gum disease (periodontitis) is also associated with an increased risk of developing [heart disease](#). Poor dental health has also been linked to “increase bacterial infections in the blood stream which can affect the heart valve” ([mayoclinic.org](#)). Oral health may be particularly important if you have artificial heart valves. To help with taking proactive steps to protect your oral health, we have provided the below helpful tips from the American Dental Association’s (ADA) website.



The 2 X 2 Method for Brushing

1. Brush for at least **2 minutes**, **2 times** per day
2. Use a soft-bristled brush
3. [Brush at a 45-degree angle to the gums](#)
4. Brush with gentle, tooth-wide strokes
5. Brush the outer, inner, and chewing surfaces of the teeth
6. Clean inside surfaces of the front teeth with up and down strokes

5 Steps to a Flawless Floss

1. Break off 12-18 inches of floss and wind around your middle fingers. This finger will take up the floss as it becomes dirty.
2. Hold the floss tightly between your thumbs and forefingers.
3. Guide the floss between your teeth using gentle rubbing motions.
4. When the floss reaches the gum line, curve it into a C shape and gently slide it into the space between the gum and the tooth.
5. Hold the floss tightly against the tooth. Gently rub the side of the tooth, moving the floss away from the gum with up and down motions.



The Benefits of Fluoride

According to the ADA, fluoride is “the superhero of cavity fighting!” This naturally occurring mineral helps prevent cavities in people of all ages by making the enamel on your teeth more resistant to acids from food that cause tooth decay. An easy way to get fluoride is by drinking plenty of water as fluoride is added to public water supplies to prevent tooth decay. You can also buy toothpastes and mouth washes with fluoride in it to help prevent cavities as well!

[For more health tips or to stay updated with our latest announcements, please follow us on Facebook by clicking here.](#) We also encourage you to follow the hashtag #HealthierTomorrows on Social Media.

If you have any questions, suggestions on future content, or wish to make an inquiry, please feel free to call us at (877) 764-4748 to speak to one of our customer service agents. We would love to hear from you!

Stay healthy and safe!

Sincerely,
Prospect Medical Group

