



Kimball & Beecher

FAMILY DENTISTRY



Scan the QR code to visit our website for more information on our Whitening for Life offer.

- ### Patient Services:
- Cosmetic Dentistry
 - Tooth Colored Fillings
 - Gum Care
 - Sedation Dentistry
 - Porcelain Veneers
 - Metal Free Crowns
 - Root Canal
 - Teeth Whitening
 - Migraine Treatment
 - Dental Implants
 - TMJ
 - Infection Control
 - Tooth Replacement Options
 - Dentures
 - Partials
 - Bridges

Dental Tips for Women Oral Health & Fitness

1. Most dental professionals urge that toothbrushes should be replaced every three to four months.
2. Brushing carefully and gently is better than brushing too hard.
3. Toothbrushes should also be replaced if you or family members have had a cold, flu or upper respiratory infection.
4. The main cause of gum disease is bacteria which is found in plaque.
5. Almost one out of four women ages 30 to 54 has periodontitis, an advanced state of gum disease in which the bone and gum tissue that support the teeth break down.
6. Use a well-known mouthwash after every brushing. It can reduce harmful bacteria, neutralize bad breath, strengthen tooth enamel and more. Be sure to pick an anti-cavity option!
7. Chew sugar-free gum in between brushing after meals. This can help remove plaque, and it is beneficial to oral health.
8. Floss your teeth prior to brushing. This can remove particles that a toothbrush cannot reach.
9. Visit your dentist regularly. Brushing your teeth is just not sufficient.

What To Do:
Schedule an appointment with **Kimball & Beecher** for an evaluation.

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