

SUNDAY MORNING Health Corner

Your Dental Health

Dental health is a vital aspect of overall health. African Americans, unfortunately, are more likely to experience dental and oral health issues than other demographic groups. According to the Centers for Disease Control and Prevention (CDC), nearly **1 in 3 African American** adults has tooth decay that is untreated.

Failure to maintain dental health is often due to a lack of dental insurance and financial resources, as well as the inaccessibility of quality dental care in some areas.

But, there are steps we can take to sustain our dental health:

Here are several tips:



1. Brush twice a day with fluoride toothpaste.



2. Floss at least once a day.



3. Limit sugary and acidic foods and drinks.



4. Drink plenty of water.

Taking care of your dental health is crucial to maintaining overall health and quality of life. By following these tips and seeking regular dental care, you can help improve your dental health and prevent future complications.



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