Mind Your Mouth

If you have it, you're not alone. Many adults nationwide have some form of gum disease. The good news is that gum disease can be prevented with daily dental care.

Symptoms of Gum Disease

- Bad breath that won't go away
- Gums that are red, swollen, tender or bleeding
- Painful chewing
- Loose or sensitive teeth

To Prevent Gum Disease

- Brush your teeth twice a day with fluoride toothpaste.
- Floss every day.
- Visit your dentist routinely for a check-up and cleaning.*
- Don't smoke.

*Visit **https://www.utsystem.edu/benefits/dental/homepage.htm** for details about UT SELECT Dental benefits.

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