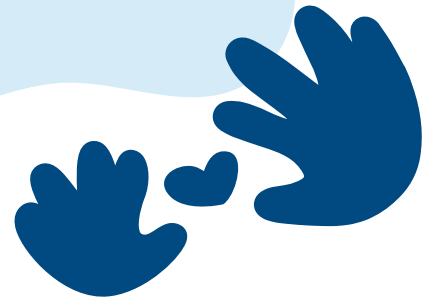




Oral Health Care for 12–16-year-olds

Brush your teeth twice a day

- You are responsible for keeping your teeth clean. The most important thing is to brush your teeth for at least two minutes, twice a day, with fluoride toothpaste
- Daily use of dental floss or interdental brushes prevent gum disease and cavities forming between teeth
- When used correctly, an electric toothbrush removes sticky dental plaque more efficiently than a manual toothbrush. Gently move the electric toothbrush from one tooth to the next

Avoid snacking and sweet drinks

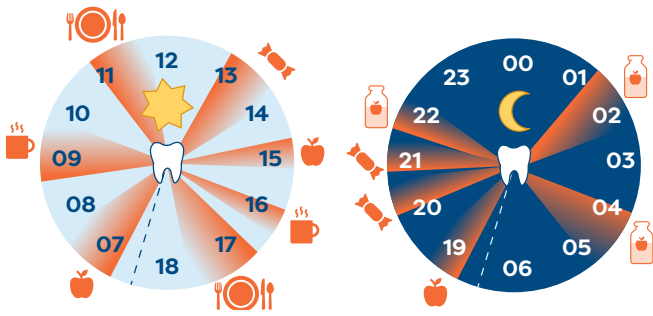
- Regular, healthy meals and snacks will keep your energy levels up and boost your overall health and your oral health. Eat five times a day and do not eat sweets more than once a week
- Acidic drinks, such as fruit juices, sodas (whether sugar-free or not), and sports and energy drinks, cause the surface of the teeth to erode
- We recommend that you drink milk with meals and water when you are thirsty

Did you know that...

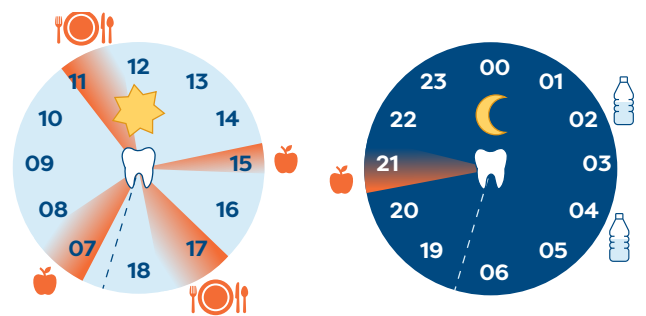
- A 500ml cola drink contains the equivalent of 21 sugar cubes
- A 300g bag of candy contains the equivalent of 70 sugar cubes



Spare your teeth.



Constantly snacking and drinking causes hours of acid attack on the teeth.



Schedule sweet/sour drinks and treats in conjunction with meals.

Original picture: Finnish Dental Association

Daily xylitol use benefits oral health

Full-xylitol products offer a safe alternative to sugary sweets. An example of good practice is the use of xylitol products at the end of meals. The recommended daily dose of xylitol is at least 5 grams. The amount is obtained from 6-10 chewing gums or pastilles.

Smoking, snus, and vaping are harmful to your health

- Tobacco stains teeth and causes bad breath.
- Tobacco products are expensive.
- Tobacco diminishes one's sense of taste and smell.
- Tobacco products cause severe addiction.

Sources:

www.kaypahoito.fi
www.terveysportti.fi