



5 EASY LIFE HACKS

To Floss Regularly

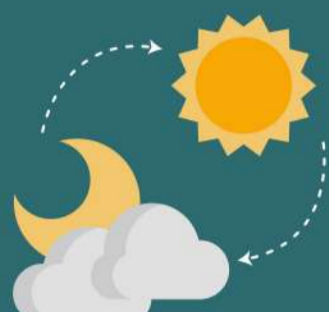
1 K.I.S.S (keep it simple stupid)



Get into a **daily routine** by simply flossing through each space between the teeth without worrying over proper technique. It's just a minute a day. Try this continuously for about 21 days and it'll become second nature.

21 days **1** minute

2 Too tired to floss at night? You can floss anytime of the day!



Most people are taught to floss once a day, usually with the assumption of after brushing at night. The fact is, you can floss whenever you want throughout the day.

Fact :

The whole purpose of flossing is to break up the soft plaque before it become calcified from the minerals in our saliva. Once it's hardened, more bacteria colonize these surfaces. As long as we disturb the infrastructure which bacteria can live and multiple, our own immune system in our saliva will keep those buggers under control.



3 Once you include flossing into your daily routine, start on technique. Challenge yourself to go for the Gold.

Do it everyday with Gusto, because now it's easy habit. The trick is to gently slide the floss on each side of the teeth to loosen the plaque. Don't worry about getting it perfect. The goal is to gently loosen the plaque rather than getting every crevice.



4 Miss a day or two? No big deal!



The reason is because **72 hours** are needed for the plaque to get calcified.

When you break up the plaque before that, you effectively keep the bacteria from building their home in your mouth. And if you happen to miss couple of days in between, the habit you've created will safe guard any possible damage.



5 Want dental health but don't like the traditional floss? Try floss picks, floss holders or proxy brushes.

Fact :

Traditional floss has been tested and proven to help remove food particles, bacteria, and plaque in between teeth and you can control each section and check for discoloration each time by slowly unwinding and rewinding it as you move between teeth. However, they can be more difficult to control, especially if someone has limited use of their hands or fingers. Floss picks, interproximal brushes, or proxy brush are incredibly easy to use, especially when you need to get at those hard-to-reach areas in the back of your mouth. Keep in mind, although water picks are great tools, they should be used adjunct with flossing as they are not substitutes for flossing.

Good to know:

Flossing regularly can add **6.4 years** to your life. Those with gingivitis and periodontitis have a mortality rate that's **23% to 45%** higher than those without gum diseases.



Motivators: Losing teeth in our twilight years is a choice, not a fact of life. Take care of your teeth so you can **smile brightly, speak vibrantly, kiss passionately and eat** without a second thought of having your set of teeth or not in your later years.

