

# HOW TO HAVE: HEALTHY TEETH

SEE YOUR DENTIST

every 6 months!

**Brush your teeth two times every day!**

Once when you wake up and once before you go to bed.



**Floss every day!**

Make sure to get deep into the gums to remove plaque.



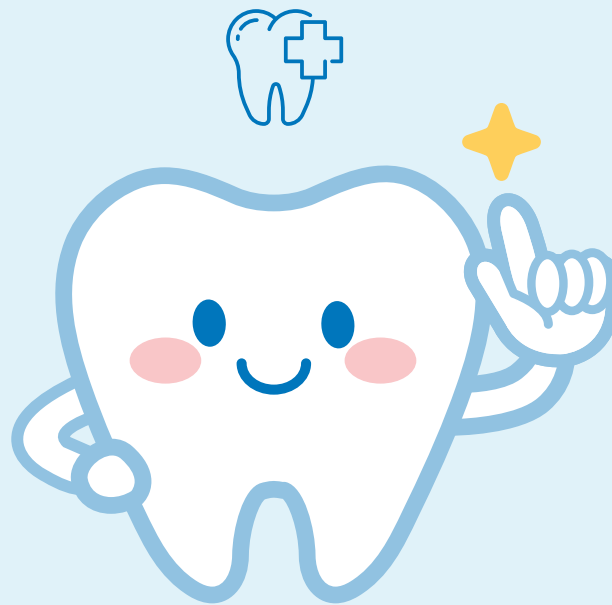
**Eat healthy foods!**

Avoid sugary drinks- they slowly dissolve tooth enamel.



**Drink lots of water!**

This keeps your mouth hydrated, preventing dry mouth and tooth decay.



NATIVE HEALTH offers  
**adult** and **pediatric**  
dental services including:



**Exams**



**X-rays**



**Cleanings**

**NATIVE HEALTH Central**

4041 N Central Ave, Bldg C - Phoenix

**NHW Community Health Center**

2423 W Dunlap Ave, Suite 140 - Phoenix

**Ask us for more information or schedule a dental appointment for yourself or your child today!**

**February is  
CHILDREN'S  
DENTAL HEALTH MONTH**



**your healthcare home**  
[www.nativehealthphoenix.org](http://www.nativehealthphoenix.org)