



5 **BAD** Habits to Lose!

Even if you are attending regular checkups and cleanings, you may be engaging in bad habits that are compromising good habits such as these. Below are 5 BAD Habits to Lose in order to improve dental health.

1 **Crunching and Sipping**

Lose the habit of crunching on ice, candy, and other hard foods. The coldness or hardness of food can cause teeth to fracture or may cause microscopic cracks in enamel. Sipping on sugary soda is just as bad! This constant exposure to sweet and acidic beverages can foster tooth decay.



SOLUTION: Use crushed ice and use a straw

2 **Using Teeth as Tools**

Lose the habit of using your teeth to tear open chips, uncap nail polish, and ripping off price tags. This traumatizes teeth and causes the edge of a weakened tooth to chip off or fracture.



SOLUTION: Use scissors when possible or buy a utility knife keychain

3 **Grinding Teeth**

Lose the habit of grinding your teeth because it wears down enamel. This happens both day and night because it is a nervous habit resulting from anxiety.



SOLUTION: Wear a mouth guard or simply make yourself aware of habit

4 **Using Hard-Bristled Toothbrush**

Lose the habit of using a hard-bristled toothbrush. Firmer is not always better, especially for older adults. With age, roots become exposed, making gums more sensitive.

SOLUTION: Buy a new toothbrush



5 **Brushing/Flossing Improperly**

Lose the habit of quick brushing. Brush twice, floss at least once, and use mouth rinse.

SOLUTION: Watch demo because brushing/flossing is usually done improperly.