Give Your Mouth a Health Exam!
(In addition to your regular dental exams)

**Teeth:** are they clean with no food or white or dark spots?

**Gums:** are they clean with no food at the gum line? Are they light pink with no swelling or bleeding? Are they tight up against the teeth?

**Moisture Level:** are all surfaces moist with no cracked lips, bad breath, or sticky feeling in mouth or throat?

**Tongue & Lips:** are they free of lumps, bumps, or sores?

Please see a dental professional if you noticed anything unusual.

**Congratulations!** Repeat this easy process every month.

For more information, or help finding a dental provider, call 1-888-4ELDERS or visit www.seniorsoralhealth.org
Brush Up on Good Dental Health

Word Find

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CANINES CAVITY DENTIST FLOSS FLUORIDE GUM INCISORS
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