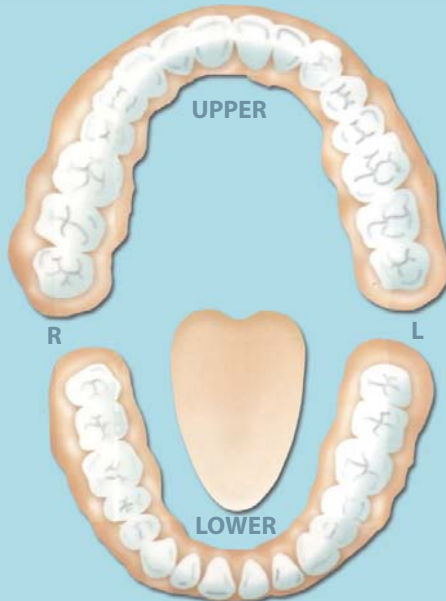


Total wellness starts with healthy teeth, healthy gums and a plan for your overall dental care.



COMMENTS: \_\_\_\_\_  
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## DR. NICHOLAS KEMP DELIVERS THE ART AND SCIENCE OF TOTAL DENTAL CARE.

### FACT:

There is a demonstrated link between bacteria in the mouth and gum disease and increased plaque-build up has been frequently found in people with respiratory disease.

### TIP: CHOOSING A TOOTH BRUSH AND BRUSHING YOUR TEETH

We recommend using soft toothbrush with a small enough head to reach all areas of your mouth easily. Today's electric toothbrushes do a very good job of helping you clean your teeth as well as massage your gums. A good brushing should take at least two to three minutes. Be sure to change your toothbrush every three months.

### FACT:

Plaque-associated bacteria in your mouth, might also lead to pneumonia, if inhaled. Gum disease and diabetes can also affect one another, and people with gum disease are statistically more at risk for having heart disease.

### TIP: HOW TO FLOSS

Carefully ease the floss between your teeth, right down to the gumline. Gently wipe plaque from both sides of the adjacent teeth. Pull the floss into a 'c' shape and follow the contours of each tooth.

SOURCE: ONTARIO DENTAL ASSOCIATION



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