

# ORTHODONTIC SPECIALIST P.C

## NATIONAL SMILE MONTH

Here at OSPC, we love creating happy healthy smiles. We do the best we can to give our patients the best smiles but we encourage you to do your part as well.



Between May 15 and June 15 2023, the Oral Health Foundation will be raising awareness of important oral health issues.

There have been new findings that support something that dental professionals have suspected – infections in the mouth can be linked with problems in other parts of the human body.

### **Some health issues that may be caused or made worse by poor oral health include:**

- Heart disease
- Strokes
- Diabetes
- Dementia
- Respiratory (lung) disease
- Giving birth to a premature or low-birth-weight baby

### **Here are 4 tips for better oral health:**

- Brush teeth for two minutes, with a fluoride toothpaste
- Floss your teeth everyday
- Cut down on sugary foods and drinks
- Visit a dentist regularly for check ups

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**FATHERS DAY RAFFLE  
JUNE 1ST - 29TH**

**Write a single word that you use to describe dad to enter the raffle.  
Patient with the winning number will win dad a \$150 Visa Gift Card!**