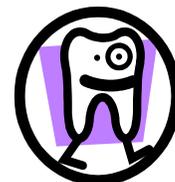# Keeping Your Smile at Any Age

- **Prevent gum disease by removing plaque.**

- **Thoroughly brush and floss your teeth each day.**

- **Carefully check your mouth for early signs of disease such as red, swollen, or bleeding gums.**

- **See your dentist regularly every 6-12 months - or at once if early signs of disease are present.**

Kentucky Oral Health Program

Targeting Kentucky's Oral Health

OHEM-6