

# Choosing Good Health!

*Healthy choices are at the heart of a healthy lifestyle.*



## Your dental provider can help.

Whether it's eating healthy, losing weight, brushing your teeth, or simply drinking more water, the choices you make impact your health and the life you lead. But sometimes, making healthy choices isn't as easy as it seems. Losing weight, becoming more active, or even getting a good night's sleep can be difficult.

Most people turn to their doctor for advice. That's smart, but did you know your dental provider can also help? That's because dental providers are interested in more than your mouth. As health care providers, they understand the importance of overall health and can help you make decisions that lead to a healthy lifestyle.

[www.health.maryland.gov/oral-health](http://www.health.maryland.gov/oral-health)



*Here are some lifestyle choices to think about.*

*Discuss them with your dentist or dental hygienist.*

**Shop, cook, and eat healthy...** You can't eat healthy if you don't shop and cook healthy. Make sure you purchase, prepare, and consume healthy foods.

**Get active...** Getting active doesn't mean running a marathon. Find your own comfort level. Start with walking and increase activity levels slowly.

**Maintain a healthy weight...** This one is tough. Eliminating sugar-sweetened beverages is a great way to start. No eating after your evening meal is key. This advice is great for your dental health, too!

**Schedule regular check-ups...** Preventing disease is much easier than treating it. Regular check-ups with your doctor and dentist can help keep you and your providers on top of your health.

**Drink water...** Drinking water helps keep your system healthy and hydrated. Tap water that contains fluoride, like most Maryland tap water, prevents cavities and can keep your teeth healthy and strong.

**Reduce sugar...** You might have heard the saying, "sugar is the new tabaco." More and more research is showing that high sugar intake is unhealthy.

**Stop smoking...** This one goes without saying. If you smoke, quit!

**Brush twice a day...** Your oral health affects your overall health. Brushing twice a day and flossing daily not only prevents cavities and dental disease, it also helps keep the body healthy.

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Let your dental provider help you on your journey to  
choosing good health!*

Brought to you by the Maryland Department of Health Office of Oral Health.

