



**Wibrowski Family Dentistry**  
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## Dental Care Tips and Tricks That Will Help Protect Your Teeth

Your dental health is extremely important to your overall health and well being. Many people tend to put their dental care on the back burner, however, those same people do not realize that poor dental health can have detrimental effects on your overall health. It is also important to develop good dental habits earlier in life so your teeth remain strong and healthy for years to come. Our team of dentists at Wibrowski Family Dentistry in Edmonton, have a few dental care tips and tricks for keeping your teeth healthy.



- **Get Enough Calcium-** Your teeth and gums are made up of calcium. In order to keep your teeth strong and healthy, be sure to include calcium rich foods in your diet. Foods such as yogurt or cheese are great sources of calcium and you can always add a glass of milk to get the calcium you need.
- **Get Enough Vitamin C-** Vitamin C is also extremely important for keeping your teeth and gums healthy. A vitamin C deficiency can lead to loose teeth, as well as unhealthy gums. Vitamin C can also help fight plaque build-up. However, be sure to clean your teeth as the acid in vitamin C rich fruits can actually break down your tooth's enamel.
- **Drink Water-** Getting enough water is vital to your health, but it is also important to your dental health. Saliva helps mitigate the buildup of bacteria in your mouth. Drinking enough water not only helps increase your saliva production, but it also helps cleanse your mouth.

While all of these tips and tricks can help protect your gums and teeth, the most important thing you can do to protect your teeth and gums from disease and decay is see your dentist every 6 months. Regular check ups and cleanings can help prevent disease and your dentist can even spot and treat a potential problem before it becomes worse. Call us to set up your appointment today.