

Anatomy of a healthy smile

Healthy smiles come in all shapes and sizes. However, they share some key characteristics.



Soft lips

Chapped or chronically dry lips may mean you have a vitamin deficiency



Clean teeth

A buildup of plaque and tartar leads to tooth decay and gum disease



Pink gums

Red, inflamed or bleeding gums are a sign of gum disease



Fuzz-free tongue

A fuzzy tongue is often the result of dry mouth, tobacco use, or fungal infection like thrush



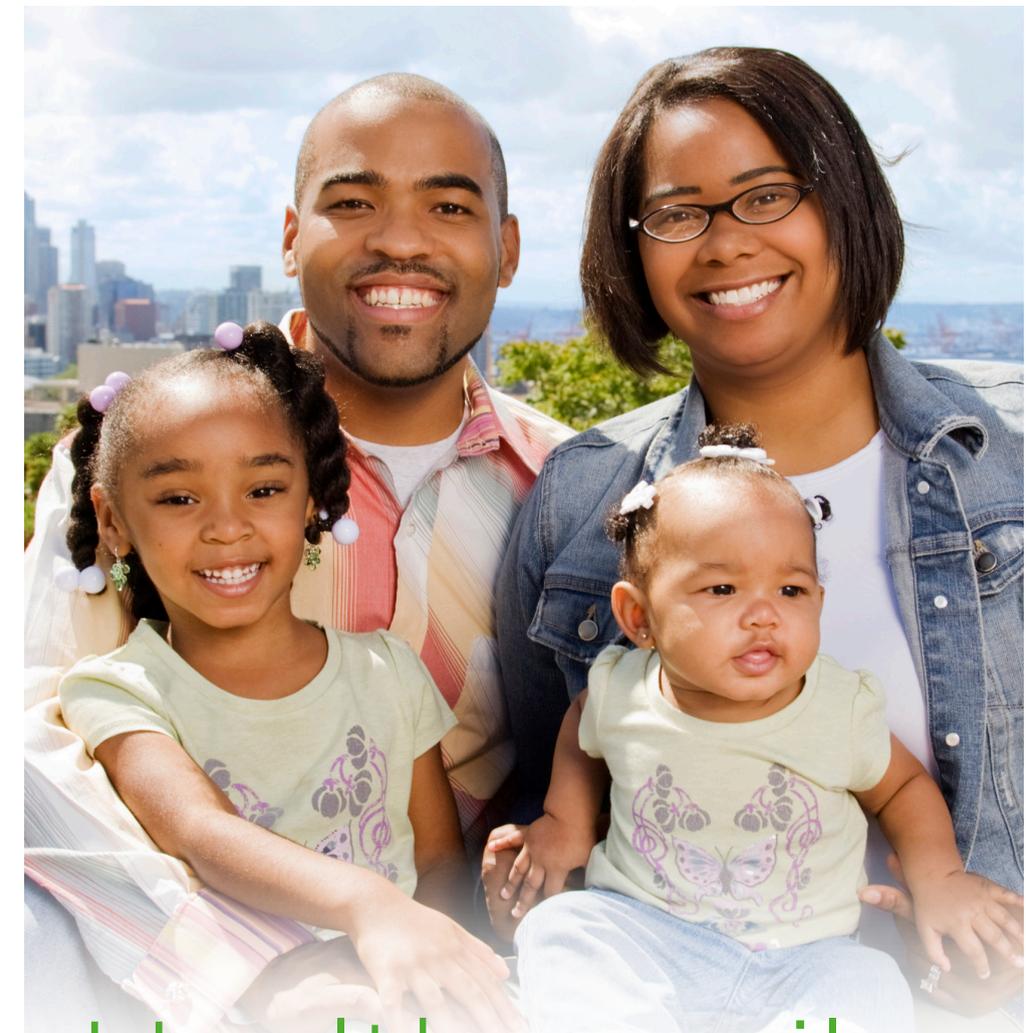
Fresh breath

Sour breath after you've brushed is another sign of gum disease



Plenty of saliva

Chronic dry mouth may lead to tooth decay and gum disease



Healthy smiles for every body

Follow us online for fun, helpful tips to keep your smile healthy and get the most from your dental benefits.



DeltaDentalWA.com



Delta Dental of Washington

Your smile and your overall health—it's a 2-way street

Smiles are powerful. They can break the ice, melt hearts, spread joy and even reduce stress.

But, that's not all. Your smile is also part of an incredible, complex system—your body.

Research shows **there's a link between your oral and overall health.**



Top tips for a healthy smile

Prevent problems with good oral hygiene, regular dental check-ups and cleanings.

- > Brush for 2 minutes, twice a day with fluoride toothpaste
- > Floss at least once a day
- > Eat a well-balanced diet
- > Choose chocolate when you're craving sweets
- > Drink fluoridated water
- > Visit your dentist at least once a year

Remember, you have a great service plan—your dental coverage. It makes dental visits easy and affordable.

Search [DeltaDentalWAblog.com](https://www.deltadentalwablog.com) for tips and tricks to get the most from your benefits and keep your smile healthy

Talk to your dentist about your health so they can help keep your smile healthy