

Healthy Body, Healthy You

Tips for Good Oral Health



THE HPV VACCINE is one of the most important things you can do to prevent some type of oral cancers for men and women. Ask your dentist or healthcare provider for more information.

HPV is thought to cause 70% of oropharyngeal (oral and throat) cancers in the United States.



AT HOME



Brush your teeth 2 times a day, floss 1 time a day.

Drink water with fluoride. Limit soda pop, sugary drinks, and alcohol.

Eat fruits and vegetables. Limit sweets such as candy, cookies, donuts, and dried fruit.

Avoid tobacco. Tobacco use can lead to gum disease and oral cancer.

VISIT THE DENTIST



Regular dental check-ups and cleanings are important



Are you pregnant or trying to get pregnant? Don't forget to include regular dental visits as part of your care.



Ask your dental provider for oral cancer screening.

VISIT US ONLINE TO LEARN MORE



Dental and Oral Health
hhs.iowa.gov/programs/programs-and-services/dental-and-oral-health



Family Planning
hhs.iowa.gov/programs/programs-and-services/family-health/planning