

# STRONG & HEALTHY TEETH

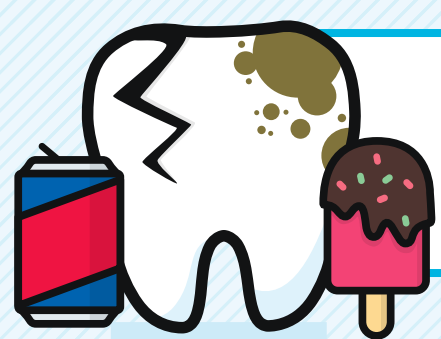
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## TOOTH TRUTH

Teeth have a protective outer layer called **enamel**. This layer is harder than bone and **protects the tooth like a helmet**.

## WHAT YOU SHOULD KNOW

A **crack** in that armor leaves the tooth **vulnerable to bigger issues**.



## TOOTH TRUTH

Many things can **weaken enamel** such as **sodas, cavities, tooth grinding** or even certain **medical conditions**.

## WHAT YOU SHOULD KNOW

Make sure your **dentist** knows about **any conditions or habits** so they can do things to help.

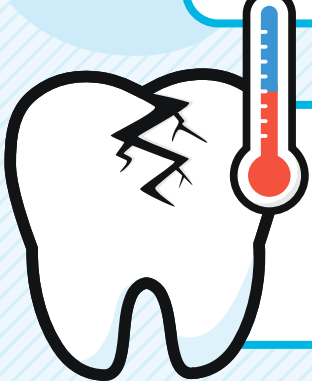
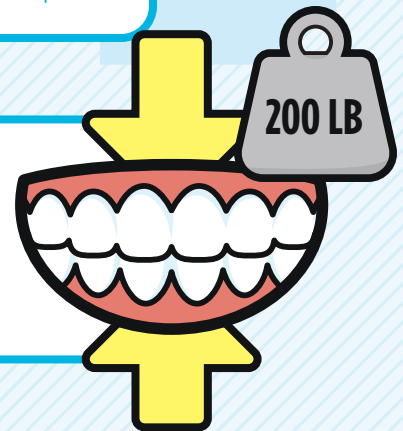
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## TOOTH TRUTH

The mouth can exert up to **200 lbs. of pressure** every time you bite.

## WHAT YOU SHOULD KNOW

**Chew carefully** and avoid biting hard, non-food items like pens and pencils.



## TOOTH TRUTH

Cracked teeth **don't always hurt** or become sensitive to **temperature**.

## WHAT YOU SHOULD KNOW

Get **regular hygiene checkups** so you can catch issues **before they become bigger problems**.

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## TOOTH TRUTH

**Early intervention** increases the chance of **saving teeth**.

## WHAT YOU SHOULD KNOW

There are many things a dentist can do to reinforce your teeth. **The longer you wait, the less options you'll have.**

