

# Protecting Your Smile in Middle and High School



1 in 2 students in grades 9-12 in North Dakota reported one or more cavities.



1 in 4 students in grades 7 and 8 in North Dakota reported not visiting the dentist in the last year.



2 of every 9 students in grades 9-12 in North Dakota reporting not visiting the dentist in the last year.

## DO

## DON'T



Wear a mouth guard while playing sports.



Brush your teeth twice a day, and floss every day.



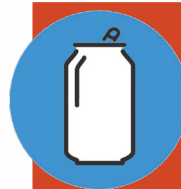
Visit your dentist annually (preferably every 6 months).



Have your wisdom teeth checked.



Keep a balanced diet that mixes fruits, vegetables, lean proteins, and dairy.



Regularly drink sugary beverages. The average teen male drinks 868 cans of soda per year.



Get lip or tongue piercings: These increase the risk of oral infection.



Smoke or chew tobacco: This injures teeth and gums and increases the risk of cancer.



Eat too many acidic foods (such as oranges, limes, coffee, lemons, etc.) because they can cause enamel erosion.



Drink bottled water in place of water from the faucet that is fluoridated. This fluoride reduces the risk of cavities.