

Simple Tips For Maintaining Good Oral Health

Maintaining good dental hygiene goes beyond just brushing and flossing and visiting the dentist once a year.

In order to keep your teeth, gums and mouth as healthy as possible, you have to develop an oral health-care routine and stick to it daily.

With the help of your dentist and these tips from Majestic Drug Co., Inc., a leading manufacturer of oral healthcare products, you will be well on your way to keeping your teeth healthy and in optimal condition for years to come.

1. Understand your own oral-health needs. Everyone's mouth is different.

Talk to your dentist or dental hygienist about special conditions in your mouth and how your general health affects it.

2. Commit to a daily oral-health routine. Based on discussions with your dentist or dental hygienist, devise an effective oral-health routine that's easy to follow and specific to your situation.

3. Use fluoride. Everyone can benefit from fluoride mouth rinses or toothpastes.

Fluoride strengthens developing teeth and helps prevent decay in children and adults. Toothpastes and mouthwashes are good sources of fluoride.

4. Brush and floss to remove plaque. Everyone should brush and

floss at least once a day (preferably twice or after every meal) to help remove plaque, the bacteria that constantly forms on your teeth.

If plaque isn't removed every day, it can combine with sugars to form acids that lead to tooth decay, gingivitis and other periodontal diseases.

5. Use water-irrigation devices. These appliances spray a high-pressure water stream to dislodge food particles from teeth and gums.

They benefit people with braces or other types of orthodontics who need extra help in removing food from between their teeth.

6. Examine your mouth regu-

larly. Even if you visit your dentist regularly, you are in the best position to notice changes in your mouth.

Your dentist sees you only a few times a year, but you can examine your mouth weekly for changes such as swollen gums, chipped teeth, discolored teeth or sores or lesions on your gums, cheeks or tongue.

7. Visit the dental office regularly. You and your dentist should talk about the frequency of your visits.

Some people need to visit their dentist more frequently than others.



Adhering to a daily oral health-care routine will keep your teeth in optimal condition for years to come.

Pick The Right Glasses For Your Face

Most people want to put their best face forward. For eyeglass wearers, that means they want to wear glasses that are not only stylish but look good on their face.

The first step is figuring out your face shape. Then, get frames that are right for that shape. Let this guide help you see clearly:

Oval face: The chin is slightly narrower than the forehead and the cheekbones are high.

Frames should be as wide or wider than the broadest part of the face and stay proportionate to the face. You can go for walnut-shaped

frames that are not too deep or narrow.

Round face: Here, the face is round with few if any angles. It's proportionate in width and length. Choose slightly angular, narrow frames to lengthen the face. Avoid very rounded styles, which will exaggerate curves.

Heart-shaped: This shape has a wide forehead and high cheekbones. The face narrows to the chin. Frames should add width below the eye to offset a narrow chin. Stick to narrow, round or square frames.

Oblong or rectangle: This face

is longer than it is wide. It needs a frame that is deeper than its width to help shorten the face. Frames should be soft, round, deep or triangle shapes. Decorative or contrasting temples or a low bridge can help shorten the nose.

Square: This face has a strong jaw-line, broad forehead and is proportionate in width and length. Choose curved, narrow styles that have more width than depth and narrow ovals. They will make the face look longer and soften its angles.

Triangular: This face has a nar-

row forehead that widens at the cheek and chin. Add width with frames that are accented with color and detailing on the top half.

Diamond: This rare type of face is narrow at the eyeline and jawline, and cheekbones may be high and dramatic. Try frames that have detailing or distinctive browlines, or go for rimless frames or oval and cat-eye shapes.

Speak to your doctor to see when it's time for you to get a new lens prescription. If your prescription rarely changes, you can opt for new frames when you're tired of your old ones or want an updated look.

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