



## Dental secrets that will make you finally take care of your teeth

*There's more to dental health than brushing*

Think just brushing twice each day is enough to keep your teeth healthy? Think again. Here's why you should be paying closer attention to your dental health. Brushing twice a day and visiting the dentist twice each year are a good start, but there's more to caring for your teeth. We spoke to several dentists about why you should start taking better care of your teeth today, and how it can affect your overall health. The number one piece of advice? Start flossing. Here are five good reasons to make your teeth a priority.

### **Flossing is easy and cleans more than you think.**

If flossing consistently is your biggest struggle because it's hard to maneuver, try this trick from **Dr. Ngozi Etufugh, a dentist and oral surgeon in New York City**. Simply tie the piece of floss you're using into a loop. No more wrapping the ends of the floss around your fingers (cutting off your circulation in the process). Instead, you can hold on to the loop and floss each tooth more easily. The best part, flossing actually cleans more than 2/3 of the surface of your tooth, and it tackles the parts that your toothbrush just can't reach.