



## YOUNG ADULT CARE

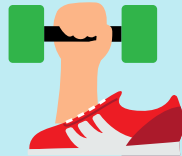
With more independence comes more responsibility. Try these tips to keep teeth in great shape during the young adult years.



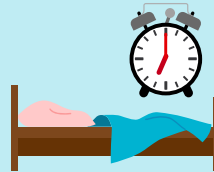
Stress can cause tooth grinding. To manage it, you can:



Eat healthy.



Exercise regularly.



Get plenty of sleep.

A mother's dental health links to her baby's overall health.



Get a checkup and cleaning while pregnant.



Have any necessary dental work done in the **SECOND** trimester.



Keep an eye out for signs of gingivitis, like swollen or inflamed gums.

Lifelong bad habits can form as a young adult.

Don't start smoking.



Avoid drinking too much alcohol.

Limit soda and junk food.



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