



Myth: Mouthwash is always good

Caring for your teeth

The verdict? False

QDH UFSN VTF PG TPNF NP... IBWF TJEF  
FGGFDUT JODMVEJOH NB... QSPCMFNT HVN  
JSSJUBUJPO BOE DIBOHJ... BTUF UIJOHT  
.PVUIXBTI DPOUBJOJOH B... UFOUJBMMZ  
JODSFBTF UIF SJTL PG PS...

Tips and advice:

t .PVUIXBTI NBZ CF QSFTDSJCFE CZ ZPVS EFOUJTU XJUI I  
BHFOUT JG OFFEFE  
t #SVTIJOH BOE DMFBOJOH CFUXFFOEUFHVNFRHBBMMZM JT  
t \*G ZPV SF VTJOH NPVUIXBTI UP GSFTIFO ZPVS CSFBUI  
OJHIU DIFDL UIF JOHSFEJFOUT XJUI ZPVS EFOUJTU F

Myth: Babies leBch calcium from their dm's teeth

The Verdict? False

5IJT JT CBTFE PO UIF PME... BU EVS.  
XPNBO MPTFT DBMDJVN JO... F EFWF  
MFBEJOH UP UIF NPUIFS iM... GPS F  
\$BMDJVNPU UBLFO GSPN U... OH QS  
\*G B NPUIFS T JOUBLF PG D... UPP M... MPTF  
DBMDJVN GSPN IFS CPOFT

Tips and advice:

t OUIFS UIJOHT DBO IBQQFO EVSJOH QSFHOBODZ TVDI BT GSFRVFC  
DBO JODSFBTF UIF SJTL PG UPPUI EFDBZ  
t )PSNPOBM DIBOHFT EVSJOH QSFHOBODZ DBO JODSFBTF UIF SJTL  
t "IFBMUIZ EJFU HPPE PSBM IZHJFOF BOE SFHVMBSEFOUBM DBSF  
SJTLT BOE NBJOUBJO ZPVS UFFUI  
t \*U JT TBGF BOE JNQPSUBOU UP HFU B EFOUBM DIFDLVQ EVSJOH ZPVS

Myth: Root canals EBNDU an DBVTFE health problems

The Verdict? False

3PPU DBOBM USFBUNFOU J... UP TBWF OB... UFFUI  
EBNBHFE CZ EFDBZ PS JOK... XIFO UFFUI BSF  
TFWF SFMZ JOGMBNFE PS JO... WJOH UIF UPPUI IT PGUFO M  
FYQFOTJWF UIBO SFQMBDJOH... BMMPXT POHPHQH DIFXJOH  
GVODUJPO BOE NBJOUFODDF PG BQQFBSBODF

An ADAVB Oral Health Committee initiative

References available on request. Contact ask@adavb.org

Fact sheet available at [www.adavb.org](http://www.adavb.org)

6OUSFBUE EFOUBM JOGFDUJJPOT DBO TQSFBE UP UIF QBDP BOE OF  
DBO BM USFBUNFOUT DBO BDUVBMMZ QSFWFOU UIJT TQSFBE UP PU  
FWJEFODF MJOLJOH UIJT USFBUNFOU XJUI UIF EFWF... UFFUI  
MPPONFOU PG E

at [www.adavb.org](http://www.adavb.org)  
STPST  
CCMADSDUFFU  
HFOFBM BMFBMU

Tips and advice:

t 5IFSF JT OP OFFE UP BWPJE SPPU DBOBM USFBUNFOU UFFUI  
t 3PPU DBOBM USFBUNFOU UFFUI  
QSPDFEVSFTBUEG G WFSQ UUPPUTQ FBL XJUI ZPVS EFOUJTU JG ZPV IBW

