



Did You Know Healthy Oral Health Tips?

Did You Know?

Our teeth reveal how old we are, what we eat, drink & even significant clues about our overall health.



Your mouth can tell a lot about you! From the types of food and drinks you assume to the health of your body. The mouth shows signs of tooth decay, gum disease and other oral health problems. It can also show signs of other diseases, if you're missing certain foods from your diet and unhealthy habits such as using tobacco and tobacco-like products, and alcohol. Taking good care of your teeth and gums each day is an important way to prevent tooth decay and gum disease. And finding and treating dental problems early leads to better oral health. If

you are ready to begin your smile transformation, do not hesitate to contact our dentist in Okotoks today.

Visit For More Info: www.cimarrondentalwellness.com/