Prevent Gum Disease

Unfortunately, many adults nationwide have it. The good news is that gum disease can be prevented with daily dental care.

Know the Symptoms:
- Bad breath that won’t go away
- Painful, swollen gums
- Loose or sensitive teeth

How to Prevent it:
- Brush twice a day
- Floss daily
- Don’t smoke
- Visit your dentist routinely for checkups and cleaning*

*For details about UT SELECT dental benefits: www.utsystem.edu/offices/employee-benefits