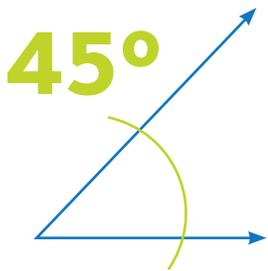


Quick Facts: **Toothbrushing**

2 minutes  **2** times per day

The American Dental Association recommends brushing twice a day for two minutes with fluoride toothpaste. Nothing works better to remove plaque and prevent cavities.



Dentists recommend placing your toothbrush at a 45-degree angle to the gums.

3 to **4**

Make sure to replace your toothbrush every three to four months. Bristles that become frayed and worn will be less effective at cleaning teeth.



Look for toothbrushes that display the ADA Seal of Acceptance.



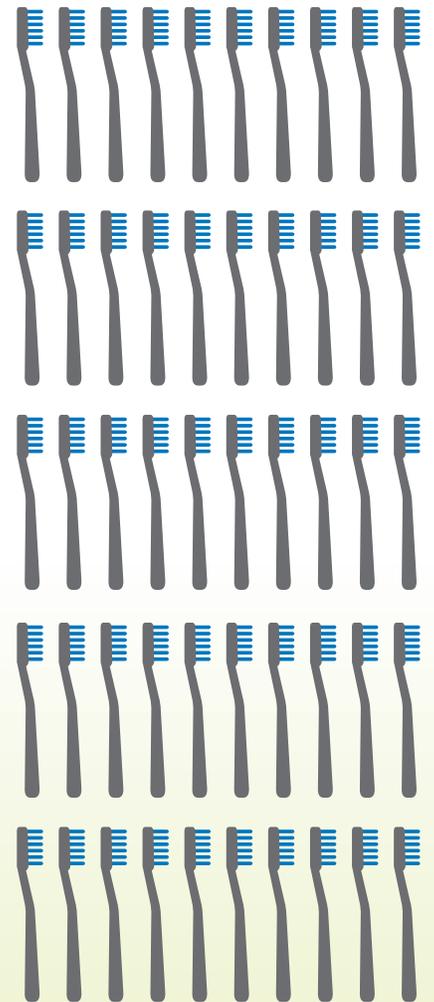
No one knows who invented toothpaste. The famous Greek physician Hippocrates advised people to “wash their teeth” and included recipes for toothpaste dating back to the 4th-5th century.



vs.



Both manual and powered toothbrushes can effectively and thoroughly clean teeth. People who have difficulty using a manual toothbrush may find powered toothbrushes easier to use. Your dentist can help you decide which type.



 = 10 years

500:

Number of years the toothbrush has been going strong!

In fact, did you know the toothbrush was invented in 1498 in China? That's according to a 17th century encyclopedia drawing. The nylon bristled toothbrush that we use today was introduced in 1938.



Brought to you by the **ADA** American Dental Association®

For more facts about your dental health, visit **MouthHealthy.org**.