

TIP OF THE WEEK



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*

**LivingWell**
make it a priority

THE UNIVERSITY of TEXAS SYSTEM

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