

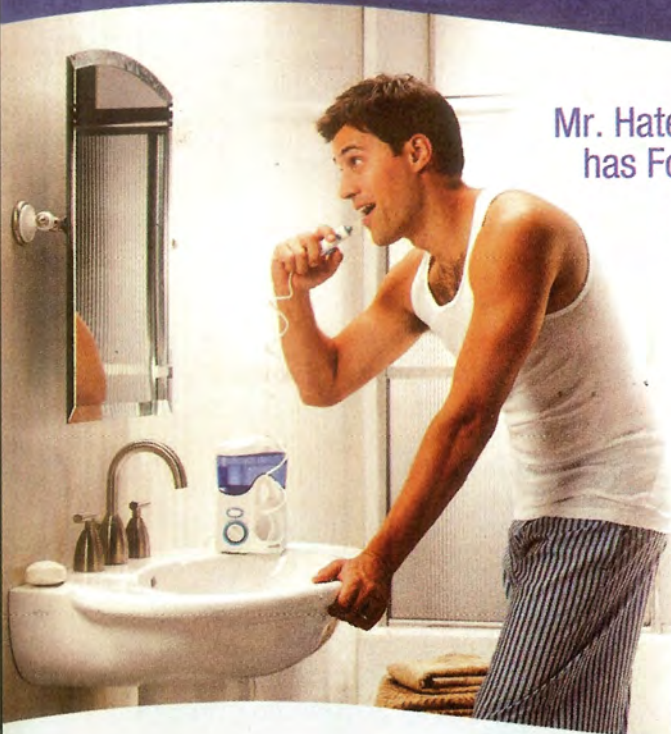
#1 Dentist Choice in USA

waterpik

## Mr. Hates-to-Floss has Found a New Love.

And you'll love Waterpik® dental water jets, too, because they're easier and more effective than flossing.

Call your dentist  
for more  
information !



### NEW!

**Breakthrough Plaque Removal Data**  
Removed 99.9% of plaque biofilm  
after 3-second application.<sup>1</sup>



Tooth surface with  
plaque biofilm

Tooth surface after  
3-second use of  
Waterpik® dental  
water jet.

### Scientifically Proven Results

- 3X as effective as floss for cleaning around orthodontic appliances<sup>2</sup>
- Up to 93% more effective than floss for reducing gingival bleeding<sup>3</sup>
- Effectively removes plaque biofilm

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# 3 Simple Ways To Keep Beautiful Teeth Healthy!

By NuDento International Limited



A big smile with beautiful white teeth and refreshing breath is so impressive! It is not impossible to have one for yourself through orthodontic treatment or teeth whitening treatment, but first of all you must have healthy teeth and gums. Oral health is often ignored as it is not life threatening, but did you know that you could lose part of your bone and the attachment of your teeth if you neglect your mouth? How about a smile with no teeth; not being able to laugh because of a toothache and even worse, not being able to eat or work and possibly having to take lots of leave for treatments? These are all very inconvenient possibilities!

Oral health is essential to every person's general health. It is more than just healthy teeth and gums. Almost everyone in our community is affected by either tooth decay & periodontal disease. Many of us aren't aware that our oral health and knowledge about it is so poor. "I am brushing twice a day and still have periodontal disease, why?"

Brushing alone is not enough, as it only cleans the bacteria and plaque on the surface of teeth. Flossing cleans between teeth and the hard to reach areas. Regular dental visits ensure the health of your mouth. Remember and follow these three basic steps and there will be no need to suffer from toothaches, lengthy treatments and huge treatment expenses.

Brushing looks simple, but in fact, most of us are not doing it correctly. Two minutes of brushing every day and night has been clinically proven to be effective in cleaning bacteria and plaque and that's why the latest power tooth brushes come with two-minute timers built-in. Brush gently on the surface, underneath and the back of all teeth with a pea-size of tooth paste. Brush your tongue as well because the bacteria on the back of tongue can cause bad breath.

Food debris anywhere in the mouth region that is not cleaned away properly can cause bacteria. This bacteria leads to tooth decay and also develops disease, creating gum inflammation, gingivitis, bleeding and then periodontal disease if not discovered and treated early enough. This is why flossing is extremely important, as it cleans the hard to reach areas where brushing can't.

We all know flossing is not easy, as well as time consuming. Additionally, we are unable to floss the inside back teeth thoroughly. An oral irrigator is an alternative to traditional flossing. This device uses water to clean between teeth and massage gums and is easy to handle, saving time and making the whole flossing experience more endurable. Ask your dentist for the right choice and start flossing right away.

Remember, a regular dental visit is important. Dentists can teach you the right way to brush and floss and recommend the appropriate oral care products. Furthermore, teeth or gum disease can be discovered and treated at an early stage. The routine dental visit expenses, compared to the possibilities that can result from procrastination are much more economical. Which would you prefer?

Start today with the correct personal oral care procedure, following the above three simple steps and you will have a healthy, big smile too.

*NuDento International Limited is a distributor of the waterpik, an oral irrigator that uses water to clean between teeth, as opposed to the traditional string floss. Visit them online at [www.waterpik.com.hk](http://www.waterpik.com.hk) or call 3173 7089 to find out more.*