

Dear Caregiver,

We understand the vital role you play in promoting the dental health of those you care for. To support you in this endeavor, we have compiled a list of valuable dental health resources:

Dental Health Resources

- **American Dental Association:** www.ada.org - Offers information on oral health care and resources for caregivers.
- **CDC Oral Health:** www.cdc.gov/oralhealth - Provides guidelines for maintaining oral health and hygiene.
- **National Institute of Dental and Craniofacial Research:** www.nidcr.nih.gov - Research-based findings and care tips for dental health.
- **Oral Health America:** www.oralhealthamerica.org - Focused on improving oral health for caregivers and those they support.

Top Tips for Dental Care

1. Encourage regular brushing and flossing.
2. Schedule regular dental check-ups.
3. Provide a balanced diet low in sugary foods.
4. Stay informed about signs of dental issues.

We hope you find these resources helpful as you continue your important work. For any further assistance, feel free to reach out.

Sincerely,

Your Dental Health Team