

# 5 Reasons to Say 'Yes' to Dental Floss

You know brushing twice a day is important. But do you floss? And, no, twice a month doesn't count. Here's why you shouldn't write off this essential step.



**1 Plaque hardens quickly.** Once 48 hours have passed, the cavity-causing substance will be firmly stuck to your teeth, best removed by a professional cleaning.

**2 Your gums will stop bleeding.** Although it may seem counterintuitive, flossing actually reduces the occurrence of bleeding gums. If you remove bacteria from the gum line, your body won't send blood cells to the area to fight the infection.

**3 The rest of your body will be healthier.** By maintaining your gum health, you'll help cut down your risk of heart disease, diabetes and rheumatoid arthritis – or improve your condition, if you're already affected.

**4 Your teeth will stay strong.** What's worse than getting a cavity? Getting a cavity in between two teeth.

**5 You're flossing for two.** Pregnant women have an extra reason to floss: Gum disease is linked to premature and low-weight birth.