

Don't Wreck Your Teeth

5 workplace habits to avoid



1 Using your teeth as tools

Don't tear off a piece of tape with your teeth, rip open packaging with your incisors or hold pins in your mouth.

Why not? You'll chip away at your enamel and risk breaking your teeth. Instead, use scissors or other tools.

2 Chewing on pens and pencils

Don't bite on your pen or pencil as you work.

Why not? You'll wear down the edges of your teeth, potentially causing pain and fractures. Instead, snack on celery or carrot sticks.

3 Lingering over your daily coffee

Don't nurse your latte throughout the day.

Why not? Coffee stains your teeth and dries out your mouth, leading to bad breath and cavities. Instead, choose green tea for a caffeine boost.

4 Taking a smoke break

Don't smoke cigarettes or e-cigarettes.

Why not? Besides causing lung cancer, smoking also multiplies your risk of oral cancer, tooth loss, gum disease and cavities. Instead, ask your doctor for help quitting.

5 Leaving your toothbrush at home

Don't wait till you get home to brush and floss.

Why not? Plaque starts forming on your teeth immediately. The longer you wait, the harder it is to remove. Instead, keep tooth-brushing supplies on hand to use after lunch.