A healthier mouth can lead to a healthier you

Get all the oral health tips you need to keep your teeth and body healthy.

Healthy Living Hub

Read all the articles

Kids and teens

Articles, quizzes and more for the kids in your life

Healthy aging

Protect your dental health as you get older

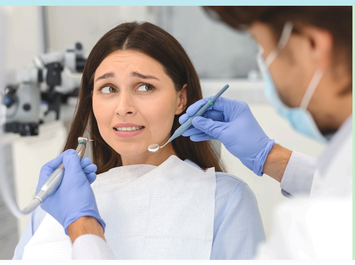
Nutrition

Discover recipes and healthy eating tips.

Spotlight on menopause

Women's bodies change through menopause, and their oral health can experience some shifts, too. Yet, a shocking 84% of women aged 50+ don't know how menopause affects their oral health. By understanding the link between menopause and oral health, you can keep your smile healthy and bright.

Learn more menopause



Find ways to manage dental anxiety

Are you anxious about visiting the dentist? You're not alone. Just over half of the U.S. adult population experiences dental anxiety in some way. But when you avoid going to the dentist, it can lead to serious oral health conditions.

Learn more by reading Breaking Barriers: Addressing Dental Anxiety to Improve Oral Health Outcomes.

Read more about dental anxiety

- Understanding dental anxiety
- How to handle dental anxiety
- Dental anxiety checklist

Your oral health and wellness calendar

Get oral health tips throughout the year.

Download 2026 wellness calendar

Expand all >

- January
- February
- March
- April
- May
- June
- July
- August
- September
- October
- November
- December

Oral hygiene FAQs

Let's address some common questions about the importance of oral hygiene to help you maintain a healthy smile and ensure a smooth dental care journey.

- How often should I visit a dentist?
- How can I prioritize my oral hygiene at home?
- What are some behaviors that can lead to poor oral health?
- What role does genetics play in oral health?
- Why is dental hygiene important at a young age?
- Why is oral hygiene important for retirees?
- Why is dental health important for people who suffer from stress, anxiety, and depression?
- Does the importance of oral hygiene increase if I take regular medications?
- What are some potential effects of poor oral hygiene?
- How is my oral health affected by nutrition?