



## How to Keep Your Teeth for a Lifetime: What You Should Know about Caring for Your Teeth

By B. Theo Clifford

iUniverse.com. Hardcover. Condition: New. 124 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. Even with all the advancements that have been made in dentistry, tooth decay is still a leading disease in the world. Estimates suggest that up to 90 percent of school children and almost 100 percent of adults have cavities. Even though our teeth play a vital role in our overall health, most people still don't know how to properly care for them. Take a look around, and you'll see no shortage of people missing teeth, wearing dentures, or suffering from bad breath and bleeding gums. B. Theo Clifford helps clear up the mysteries surrounding proper dental care. The longtime hygienist answers questions such as: Why are you and/or your children suffering from tooth decay? Why are your gums bleeding? Can you safely whiten your teeth yourself? Do you really need that root canal? You don't have to continue suffering from dental problems that are painful, embarrassing, and even life-threatening. Even if you're older, you can take proactive steps to improve the health of your teeth and avoid future problems. Written in easy-to-understand language, this guidebook provides the information you need to make good decisions about your teeth. Its...



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