



## Adolescents

- Many adolescents are exposed to and consume high quantities of **refined carbohydrates** and acid-containing and sugary beverages like **soda** and **energy drinks**. This increases their risk of cavities.
- When adolescents go **away for school** and are not living with parents, their **homecare** tends to **decline**.
- Don't forget that the **bacteria** that cause **cavities** are **transmissible!!** This means that **sharing utensils** or **kissing** can pass these nasty little bugs between you and a significant other.
- Educate yourself and your teen about **HPV (Human Papilloma Virus)**. <https://www.cdc.gov/std/hpv/stdfact-hpv.htm> HPV is the **most common sexually transmitted disease** in the US. HPV is the **leading cause** of **oropharyngeal cancers** and **more males** than females develop these cancers.
- **Smoking** is an addictive habit that can cause **bad breath** and **stains**. It can also **increase the risk** of **cancer, heart disease, stroke and periodontal disease**.
- Try to keep **healthy snacks** in the house and set a good example with your own homecare so that they follow suit and won't find your talks hypocritical and without meaning. Remember to tell them that **bleeding gums are NOT normal**.
- Have **lots** of **oral health care products** available to use **around the house**. If they are **visible**, they are more likely to be used.
- **Bad breath** or **halitosis** is caused mostly by **bacteria** in the mouth. **Brushing the tongue** every time you brush is important as well as **cleaning in between the teeth**. Bacteria that cause bad breath hide in both places!
- **Braces** are not always what every teen wants to have. However, **straighter teeth** are **easier to keep clean** and cause **less problems** in the future. Having **good oral homecare** while **having braces** will **protect** your teen from **cavities, decalcification** (makes the teeth have white spots) or **overgrowth of gums** (puffy gums that need to be lasered once braces are removed).

"Ralmar" 15 Point Finger Rd, Paget DV04, Bermuda