

AEGIS NEWS

HAPPY NEW YEAR !!!

Remember

Human papilloma virus is linked to oropharyngeal cancers. Remember to vaccinate your teens to prevent HPV-related oropharyngeal cancers.

Want to stay young

Researchers suggest that staying well hydrated may slow down the aging process and prevent or delay chronic disease.

A good practice

Start your new year with a good practice - Brush and floss your teeth daily.



Food that benefit your teeth

As we take many plans for a healthier new year, remember to make healthy choices that benefit your teeth.

Food that are rich in calcium and phosphorus help in protecting and rebuilding teeth enamel.

Cheese, milk, Plain yogurt, calcium-fortified tofu, leafy greens and almonds are rich in calcium contents.

Protein-rich foods like meat, poultry, fish, milk and eggs are rich in phosphorus.

Food that are rich in vitamin C is important for healthy gums and quick healing of wounds.

Food that are rich in vitamin A is important to build tooth enamel.

Food that are high in water and fiber helps in balancing the sugar and clean the teeth by stimulating saliva flow which washes harmful acids and food particles.

Fruits and vegetables are known to be high in vitamins and fiber and water.

Fluoridated Water is the most tooth-friendly beverage