



The best way to make sure you have a healthy mouth and teeth and minimise your need to go to the dentist is to look after your teeth at home. Our A to Z for a healthier mouth provides lots of helpful hints and advice to keep your teeth and gums healthy, from brushing properly to having a healthy and balanced diet.



Scan the code to check out our A to Z. For more information on dental services in Lancashire and South Cumbria, as well as useful tips on looking after your mouth and teeth, visit [www.lancashireandsouthcumbria.icb.nhs.uk/dentistry](http://www.lancashireandsouthcumbria.icb.nhs.uk/dentistry)