

Carter: Brushing and **flossing** can lead to a bright and healthy smile but good dental care is more than just **toothpaste** on a brush. People many times know nothing about **proper** oral health.

Tip number one:

- Hard **toothbrushes** aren't the best.

Dr Rahim: A soft **bristle** toothbrush with very soft, gentle circular motion actually cleans your teeth better and it's safer because it's less aggressive to your teeth and **gums**.

Carter: Tip number two:

- There's an art to flossing.

Dr Rahim: The best way to floss is to gently put the floss between the teeth and gently move up and down along the tooth surface.

Carter: Tip number three:

- Brush at least twice a day and if you brush after every meal wait a while after you eat especially if you've had something acidic like spaghetti sauce.

Dr Rahim: It's best to wait at least 30 minutes and that's because that acidic component **wears away** the **enamel** and you want to wait before you brush otherwise you can actually damage the enamel.

Carter: Tip number four:

- Try to stop smoking.

Dr Rahim: It can cause **bad breath** and it can lead to accumulation of plaque.

Carter: And the final tip:

- See your dentist twice a year.

Dr Rahim: You can catch things early which means less invasive treatment and frankly less costly treatment.

Carter: For today's health minute I'm Joe Carter.

CNN

Lexical helpline.

flossing = passer le fil dentaire

toothpaste = dentifrice

proper = correct

a tip = une astuce

a toothbrush = une brosse à dent

bristle = poils

the gums = gingivae

wear away = user

the enamel = l'émail

bad breath = une mauvaise haleine