



ADA.

Smart Choices for a Sharp Smile

The older you get, the more decisions you will make—decisions about the foods you'll eat, the amount of sleep and exercise you'll get, how you will keep your appearance clean and attractive, the ways you'll spend your time, and a lot of others. Some of these decisions will affect whether your smile is healthy and attractive.

- Snacking
- Piercing
- Tobacco
- Mouthguards

