

Why you should floss

According to a survey by the American Dental Association, only 4 in 10 Americans floss at least once a day. And, 20 percent of Americans don't do it at all.

Most dentists agree that everyone should floss daily. There are places between teeth that a brush simply can't reach. If you're wondering if it's worth spending the small amount of time each day, consider these benefits of flossing:

- **Less scraping at the dentist.** At your next checkup, the hygienist may spend less time removing tartar between your teeth and at the gum line. Flossing removes it from these hard-to-reach areas before it hardens on your teeth.
- **A lower risk of gum disease and cavities.** By removing plaque between your teeth, you remove bacteria that can lead to tooth decay and gum disease.
- **Fresher breath.** Small particles of food between the teeth, even if you can't see them, can make breath smell unpleasant.



The American Dental Association says you can floss any time of day. Pick the time when you're more likely to stick with it, whether it's morning, after lunch or before bed.