

# **Carrier Dentistry in Grand Prairie Texas Helps Educate Young Adults in Oral Hygiene**

*July 22, 2022*

July 22, 2022 - PRESSADVANTAGE -

Carrier Dentistry in Grand Prairie Texas will be at Grand Prairie Collegiate Institute to educate the next generation on the importance of dental hygiene.

Poor oral hygiene can lead to bacteria growth causing cavities, and inflammation of the gums. In addition to that, studies have shown there is a link to heart disease, cancer, and diabetes. Therefore, it is important to educate young adults on oral health protection at a young age to prevent cavities and periodontitis, along with other diseases that come later in life.

Good oral health will generally include brushing teeth twice a day for at least 2 minutes with gentle round circular strokes, flossing the teeth at least once a day, use of a fluoride toothpaste, a diet that limits the amount of sugary food and drinks, schedule a dental visit at least twice a year, and visiting a dentist for emergency dental problems.

The topics being discussed are aimed at giving young adults the correct information to create good habits like brushing daily to prevent plaque and bacteria on teeth, flossing once a day to remove particles between teeth, how to prevent bad breath, the importance of fluoride usage, reasons for limiting sugar intake, and when to see a dental provider for an emergency.

According to Hien To, DDS, "Educating young adults on proper oral hygiene can help prevent oral disease, cavities, and improve overall oral health. Proper oral dental hygiene includes visiting the dentist twice a year because it helps in the early detection of oral diseases, prevents tooth loss, and improves the overall confidence of the patient."

Carrier Dentistry in Grand Prairie Texas is a dental clinic that has been serving the city of Grand Prairie, Texas for over eight years. The clinic practices general dental care, cosmetic dentistry, and restorative dentistry. The dental clinic is locally owned and operated.

For more information, contact us at [www.carrierdentistry.com](http://www.carrierdentistry.com)

###

For more information about Carrier Dentistry, contact the company here: Carrier Dentistry Hien To (214) 998-2920 [carrierdentistry@gmail.com](mailto:carrierdentistry@gmail.com) 515 S Carrier Pkwy Ste 102 Grand Prairie, TX 75051

## **Carrier Dentistry**

*Carrier Dentistry in Grand Prairie Texas specializes in cosmetic dentistry, restorative dentistry, and dental emergencies. These dental services include dental implants, teeth whitening, tooth extraction, and Invisalign to get you that perfect smile.*

Website: <https://www.carrierdentistry.com/>

Email: [carrierdentistry@gmail.com](mailto:carrierdentistry@gmail.com)

Phone: (214) 998-2920

*Powered by [PressAdvantage.com](http://PressAdvantage.com)*