



# Young Adult Care



With newfound independence comes newfound responsibility. Try these tips to keep oral health in tip-top shape during the young adult years.



- Do** continue to see your dentist on a regular basis.
- Do** learn how to manage your stress levels.
- Do** be extra aware of oral health changes during pregnancy.
- Do** make healthy dietary choices like dairy, vegetables, fruits and proteins.
- Don't** engage in behaviors such as smoking or excessively drinking alcohol.