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.

Life Stages of Oral Health

Ages 20-35

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