

Mayo Clinic Medical Edge

Flossing

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	YOU BRUSH YOUR TEETH AND VISIT THE DENTIST REGULARLY. BUT IF YOU'RE NOT FLOSSING, YOU'RE SKIPPING A KEY STEP TO GOOD ORAL HEALTH.
Phillip Sheridan, D.D.S. Track 5 (:16)	"WE SHOULD FLOSS TO REMOVE PLAQUE THAT ACCUMULATES, ESPECIALLY ON THE SIDES OF THE TEETH, AND ANYTHING THAT ACCUMULATES IN THAT LITTLE TROUGH, THE LITTLE DITCH BETWEEN THE TOOTH AND THE GUM TISSUE."
	DR. PHILLIP SHERIDAN, A DENTIST AT MAYO CLINIC, SAYS FLOSSING

	<p>IS AN EFFECTIVE WAY TO CLEAN THE TEETH WHERE THE BRISTLES OF A TOOTHBRUSH DON'T REACH. BUT IT'S SOMETHING THAT TAKES A LITTLE PRACTICE TO PERFECT.</p>
<p>Dr. Sheridan Track 5 (2:10)</p>	<p>"FLOSSING IS NOT EASY AND IT'S SURPRISING HOW MANY PEOPLE CAN'T EFFECTIVELY FLOSS THEIR TEETH."</p>
	<p>IF YOU'RE HAVING TROUBLE FLOSSING, ASK YOUR DENTIST OR DENTAL HYGENIST TO SHOW YOU HOW. AND WHILE THEY CAN BE A GREAT ADDITION TO YOUR ORAL HEALTH ROUTINE, DR. SHERIDAN SAYS MOUTH RINSES ARE NOT A SUBSTITUTE FOR FLOSSING.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DENTIST OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>

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