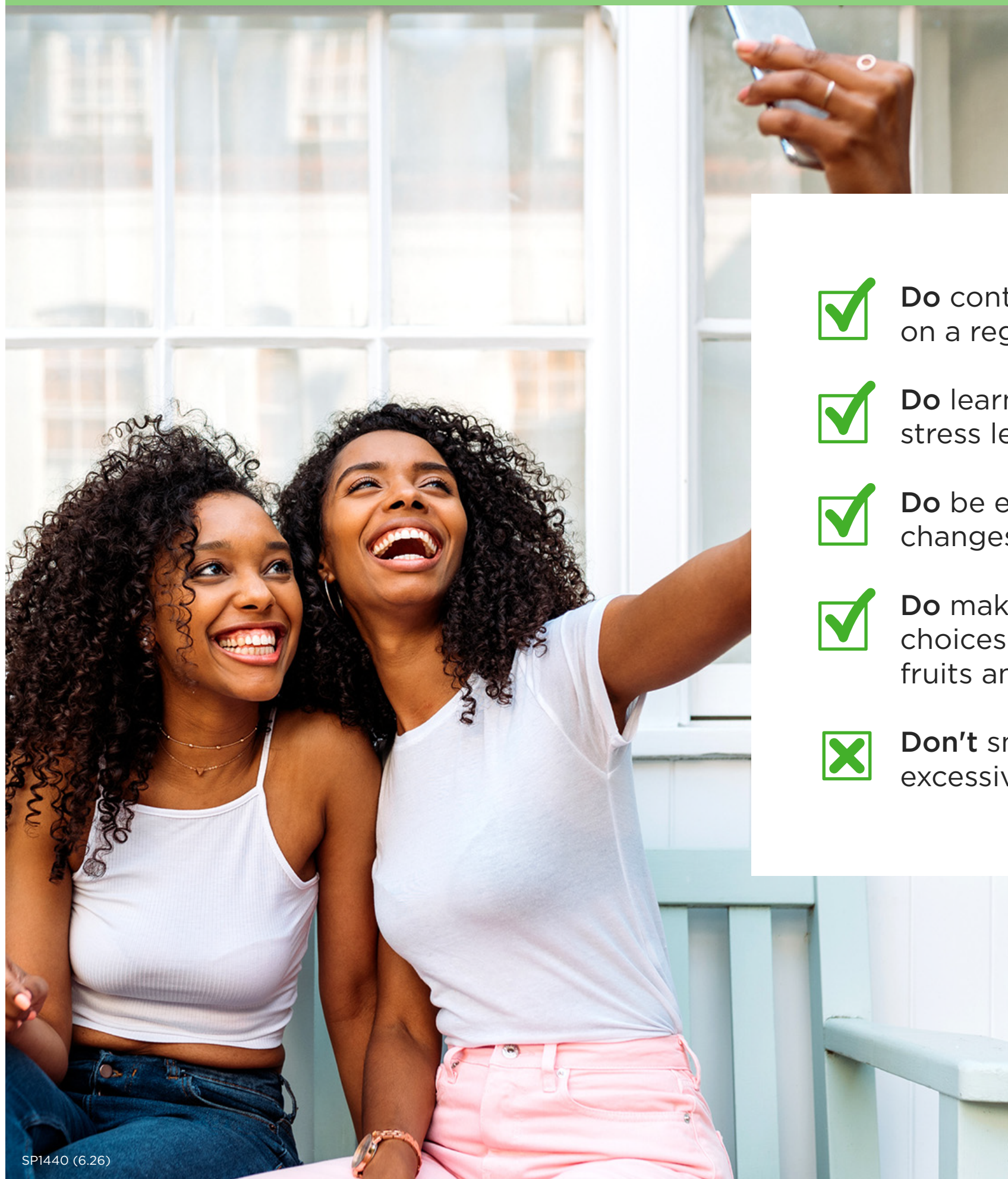




Young Adult Care



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** smoke or vape and avoid excessive use of alcohol.

EMPOWERING SMILES
from **Ahh** to **Z**

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