



**For Immediate Release**

## **Introduce dental floss when your teeth begin to touch**

*Oral health education program supports important recommendation made by experts.*

Owings Mills, Maryland (**October 9, 2018**). Flossing helps prevent cavities between the teeth. Children, therefore need to clean between their teeth too. Beginning as soon as a child has two teeth that touch is invaluable for the future of good dental and gingival health. The Children's Oral Health Institute supports this recommendation made by the experts, hygienists', and dentists alike. The nonprofit includes the introduction of dental floss as part of the *Lessons in a Lunch Box* program.

According to the experts, brushing alone only cleans three of the five surfaces of your teeth, so it is important to clean between your teeth every day. When a child reaches 6 to 7 years of age, it is a good idea to introduce dental floss use. SunStar Americas has been the generous sponsor of their sample size Tootie Fruttie floss since the inception of the oral health education program in 2008. This introduction of dental floss via *Lessons in a Lunch Box* will reach well over 50,000 children by 2018.

The American Dental Hygienists' Association (ADHA) supports the benefits of using dental floss to remove bacteria, biofilm, and food debris from interproximal areas that toothbrushing cannot access. These professionals agree that flossing is an essential part of the hygiene regime because it removes plaque from between teeth and at the gumline, where periodontal disease often begins.

The American Dental Association (ADA) recommends cleaning between your teeth once a day to help prevent cavities and gum disease. The U.S. Department of Health and Human Services (HHS) has said flossing is "an important oral hygiene practice" in an August 2016 statement.

For additional information about the introduction and use of dental floss, visit the organization websites referenced in this press release. For audio and visual flossing and brushing instructions, in American Sign Language, English and Spanish, visit The Children's Oral Health Institute website. Information on how to register for the *Lessons in a Lunch Box* program is also available at [www.mycohi.org](http://www.mycohi.org).



*Prevention that Empowers Globally!*

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