

# Don't Wreck Your Teeth

## 5 workplace habits to avoid



### 1 Using your teeth as tools

Don't tear off a piece of tape with your teeth, rip open packaging with your incisors or hold pins in your mouth.

**Why not?** You'll chip away at your enamel and risk breaking your teeth. Instead, use scissors or other tools.

### 2 Chewing on pens and pencils

Don't bite on your pen or pencil as you work.

**Why not?** You'll wear down the edges of your teeth, potentially causing pain and fractures. Instead, snack on celery or carrot sticks.

### 3 Lingering over your daily coffee

Don't nurse your latte throughout the day.

**Why not?** Coffee stains your teeth and dries out your mouth, leading to bad breath and cavities. Instead, choose green tea for a caffeine boost.

### 4 Taking a smoke break

Don't smoke cigarettes or e-cigarettes.

**Why not?** Besides causing lung cancer, smoking also multiplies your risk of oral cancer, tooth loss, gum disease and cavities. Instead, ask your doctor for help quitting.

### 5 Leaving your toothbrush at home

Don't wait till you get home to brush and floss.

**Why not?** Plaque starts forming on your teeth immediately. The longer you wait, the harder it is to remove. Instead, keep tooth-brushing supplies on hand to use after lunch.