



Let hydration be your smile's best ally.

Drinking water keeps your mouth, teeth, and gums healthy.

Hydration is more than just quenching your thirst. It plays a vital role in maintaining your overall well-being, especially when it comes to your oral health.

Sip more for a healthy smile.

Drinking water stimulates saliva production, which is essential to preventing dry mouth. When your mouth is dry, it creates an environment that breeds the bacteria that causes tooth decay and gum disease. Every time you take a sip of water, you wash away food particles and debris, reducing the risk of cavities and bad breath.

Look out for signs of dehydration.

These could include increased thirst, dry mouth, headache, fatigue, dizziness, and decreased urination. By staying alert to these symptoms, you can act quickly to rehydrate. Be sure to drink plenty of water when working out or while in hot weather.

Be a hydration hero.

Staying hydrated is vital to your total health. By making a conscious effort to drink more water, you can enjoy a healthier mouth, more energy, and better overall well-being.

Want more helpful tips and info on oral health? Visit [unitedconcordia.com](https://www.unitedconcordia.com).

How much water should you drink daily?

Drink half of your body weight in ounces of water.

200
pounds

100
ounces

Tip: A standard water bottle holds 32 ounces.