

Crest and the Hispanic Dental Association Foundation (HDAF) want to help raise awareness in the U.S. Hispanic community of the importance of having a good oral health routine. This spring, let's all make a commitment to ourselves and our family, to begin taking better care of our oral health!

## ¿DID YOU KNOW?

- Nearly **1 in 5 U.S. Hispanics** have not visited the dentist at all in the past two years\*
- 30% of U.S. Hispanics** incorrectly believe that cavities will go away on their own if you brush regularly\*

To learn how you can make a difference in your family's oral health, please visit **CrestComplete.com** or **HDASS.org** for more information



Ábrete a la vida



# This Primavera don't forget these important consejos de limpieza:

## ✦ Spring clean your old habits!

Whether you want to quit smoking or watch less TV—this is a great time to set realistic goals for yourself and work to achieve them.

## ✦ Spring clean your wardrobe!

Go through old clothes and toss out things you didn't wear at all last Spring or Summer.

## ✦ Spring clean your bathroom!

While tackling the house we forget to go through the bathroom and throw out old toothbrushes and toothpaste that have expired. Replace these products with the latest from Crest, which offers a variety of options.

## ✦ Spring clean your body!

Set realistic goals about eating healthier and getting back to the gym – just in time for summer! Take a moment to make those recommended dentist appointments and treat yourself to a day of beauty.