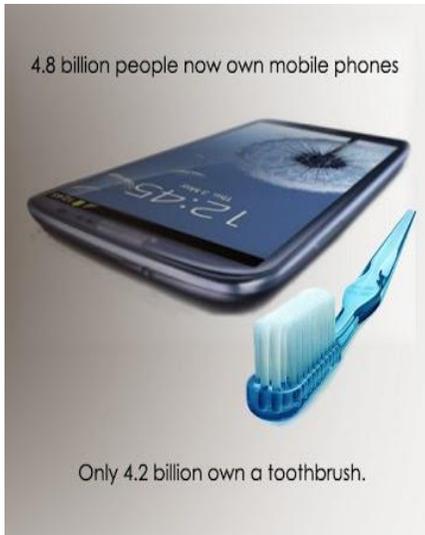


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Contact: Carolyn Barth
312-573-8791
media@prosthodontics.org

Prosthodontists Dismayed that More People Own Mobile Devices than Toothbrushes: Offer Tips to Keep Teeth Healthy



CHICAGO—Prosthodontists say that the [trending Twitter infographic](#) “people own more mobile devices (4.8 billion) than toothbrushes (4.2 billion)” is the wake-up call for Americans to start prioritizing their oral health in this high tech world.

“Only brush and floss your teeth if you want to keep them,” recommends board certified prosthodontist Frank J. Tuminelli, DMD, FACP, president of the American College of Prosthodontists (ACP). “I love my mobile phone, but I love to smile with my healthy teeth even more.”

Today, more than 100 million Americans are missing one or more of their teeth, according to the U.S Centers for Disease Control and Prevention. Prosthodontists recommend that patients practice good oral health hygiene to prevent dental decay and gum disease that can lead to tooth loss.

“Spending a few dollars for a toothbrush and floss seems like a deal when one considers the cost (time, emotional and financial) of treating [tooth decay](#) and gum disease,” says Dr. Tuminelli, who treats patients in his private practices in the Greater New York region.

“Besides, a clean bill of health from your dentist can lead to more money in your pocket to upgrade your phone.”

The ACP recommends the following tips to prepare your smile for your next selfie:

1. Brush for [two minutes, twice a day](#)
2. Floss daily
3. Eat a healthy diet and avoid snacking between meals
4. Visit your dentist regularly
5. If you get a cavity or loose a tooth, visit your dentist right away for treatment

Prosthodontists are specialized dentists with advanced training in oral health issues, who are committed to improving patient outcomes. From implants, crowns, veneers and tooth whitening, to full-mouth reconstruction, prosthodontists specialize in digital dentistry and CAD/CAM solutions. The ACP is the only prosthodontic specialty organization whose membership is based solely on education credentials. ACP members must be in or have completed an ADA-accredited advanced education program in prosthodontics.

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About the ACP

The American College of Prosthodontists (ACP) is the official sponsoring organization for the specialty of Prosthodontics, which is one of the only nine recognized specialties of the American Dental Association. Founded in 1970, ACP is a not-for-profit organization dedicated to enhancing patient care, advancing the art and science of Prosthodontics, promoting the specialty of Prosthodontics to the public and other dentists and healthcare professionals, ensuring the quality of prosthodontic education and providing professional services to its membership. The ACP is a proud member of the Partnership for [Healthy Mouths, Healthy Lives](#) – a coalition of the leading organizations in the field of oral health – and a sponsor of the first oral health campaign by the Ad Council. For more information about the ACP and Prosthodontists, visit [GoToAPro.org](#).