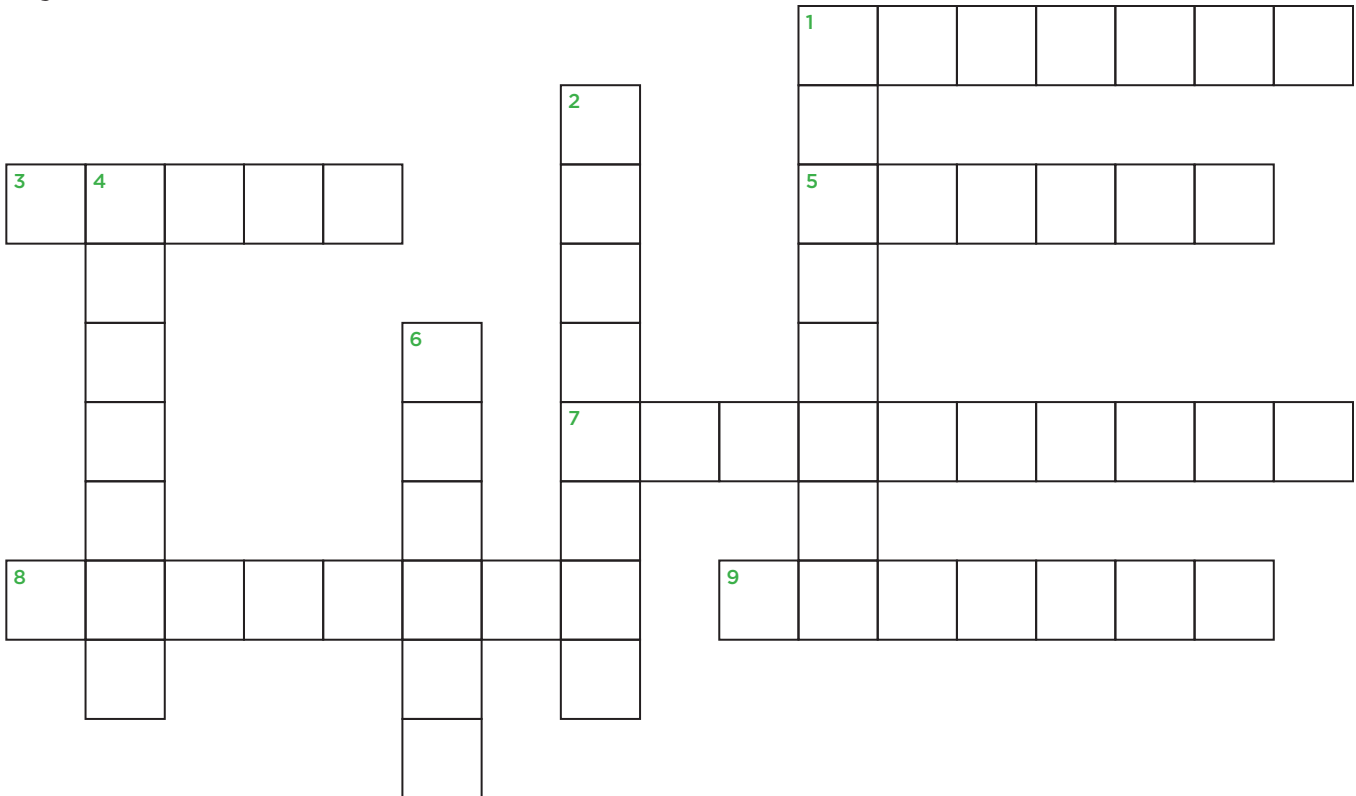




## Solutions and smiles crossword puzzle

Crossword puzzles are more than an entertaining way to pass the time — studies have shown that they can help boost memory and decrease risk of developing cognitive issues such as Alzheimer’s and dementia. Answer the questions below to stimulate your brain. Along the way, you’ll learn more about protecting your oral and cognitive health.



### ACROSS

- 1 Visit this person regularly to protect your smile
- 3 \_\_\_\_\_ games are another way to stimulate your brain
- 5 Completing crossword puzzles can boost your \_\_\_\_\_
- 7 Put toothpaste on your \_\_\_\_\_ to clean your teeth twice daily
- 8 Make sure your toothpaste includes this key ingredient
- 9 A mineral (often found in dairy products) that is important for strong bones and teeth

### DOWN

- 1 Keeping your mind active with reading, writing, and puzzles will reduce your risk for \_\_\_\_\_
- 2 Brush twice and floss once daily to reduce your risk of \_\_\_\_\_
- 4 Brushing, flossing, and engaging your brain are all important parts of your \_\_\_\_\_ health
- 6 Stay physically and mentally \_\_\_\_\_ to support your cognitive and overall health

Answers: Across: 1. dentist 3. board 5. memory 7. toothbrush 8. fluoride 9. calcium Down: 1. dementia 2. cavities 4. overall 6. active