



### **Your teeth shouldn't be the only part of your oral care!**

Luscious, full lips never seem to go out of style. Fortunately, keeping your lips healthy and beautiful doesn't require lip injections!

Your lips require the same care and attention as your teeth. Of all the skin on your body, lips have the thinnest outer layer and few oil-producing glands, making them most vulnerable to dryness. Prolonged sun exposure makes dryness even worse (not to mention painful!), as well as increases your risk of sun cancer and premature aging.

In the summer, be sure to apply a water-resistant lip balm with a good SPF. Apply it throughout the day for maximum benefits. During the long winter months, keep the lip balm on and don't lick your lips. Saliva quickly evaporates and is intensified by the sun's rays, which causes lips to easily dry out and become sunburned.

The environment can constantly wreak havoc on your lips. Wind, heat, pollution and sun all cause damage to unprotected lips. In addition to using a lip balm with an SPF, moisturize your lips. If they're extra dry and chapped, gently exfoliate them with a soft toothbrush. Don't smoke, as lip pursing can cause premature wrinkles around the lips. And always be sure to drink plenty of water to keep your skin hydrated.

Keeping your lips protected and hydrated throughout the year will make smiling easy!

**For information on the TRICARE Dental Program, or to find more "Dental Health 101" tips, visit us online at [www.TRICAREdentalprogram.com](http://www.TRICAREdentalprogram.com).**