



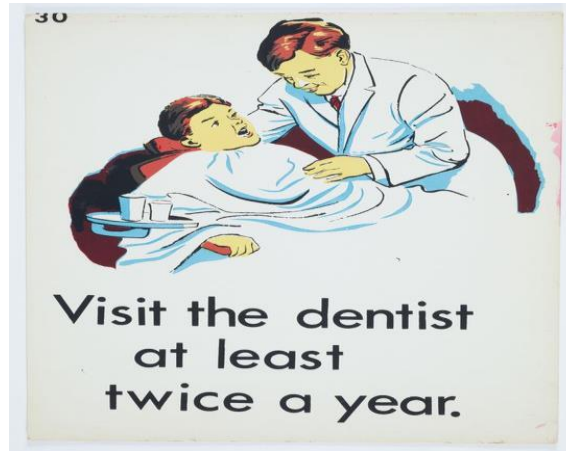
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BE PROUD OF YOUR MOUTH

PRACTICE A GOOD ORAL HYGIENE ROUTINE

Your mouth is a mirror to your body and reflects your general health and well-being.

Avoid risk factors, adopt good oral hygiene habits and have regular dental check-ups with your dentist and dental hygienist to help protect your mouth and body.



A healthy mouth and a healthy body go hand in hand. Maintaining a healthy mouth is crucial to keeping it functioning correctly and for maintaining overall health and quality of life.

Five Interesting Facts About Teeth

1. Teeth cannot heal themselves

Teeth are the only part of the body that cannot heal themselves.

2. We see only a part of our teeth

We actually see only 1/3 of our teeth; the other 2/3 is hidden under the gums.

3. Smiles are the first thing people notice

50% of people say smiles are the very first feature they notice about other people.

4. We spend almost 40 days brushing our teeth

On average, people spend around 38.5 days in their lifetime brushing their teeth.

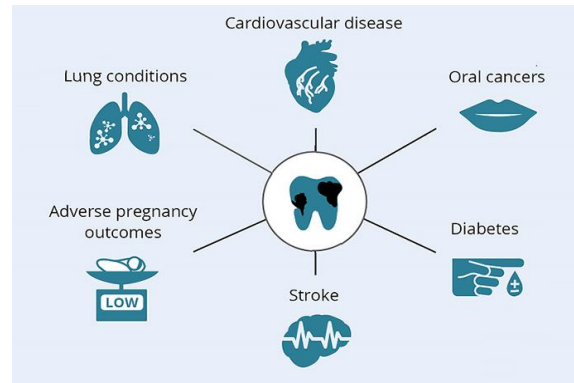
5. Flossing is a lifesaver

Dentists say flossing can increase life expectancy by six years, as it reduces chances of infectious diseases and even prevents heart attacks.



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Oral diseases, such as tooth decay (dental caries) and gum disease, can impact every aspect of life, from relationships and self-confidence through to school, work, and the ability to interact with others. Poor oral health is also associated with a number of chronic diseases, including stroke and cardiovascular disease.



WHAT IS A GOOD ORAL HYGIENE ROUTINE

Here's how you can help keep your mouth healthy throughout life:

- **Brush for two minutes, twice a day.** Toothbrushing helps remove food and plaque, which if not managed can lead to tooth decay and gum disease.
- **Brush every surface.** Use a manual or electric toothbrush to brush the inside surfaces, outside surfaces and chewing surfaces of your teeth.
- **Use a fluoride toothpaste.** Fluoride plays a key role in the fight against tooth decay.
- **Do not rinse with water straight after brushing.** This can wash the protective fluoride away. Spit out any excess toothpaste instead.
- **Replace your toothbrush every three months.** Brushing with an old, frayed toothbrush will not clean your teeth and mouth properly.
- **Floss at least once a day.** Floss and interdental cleaners help reach those difficult areas between your teeth. Regular cleaning helps to dislodge food and may reduce gum disease and bad breath by removing plaque that forms along the gum line.
- **Protect your mouth while you're on the go.** When brushing is not possible, rinse with a fluoride mouthwash or chew sugar-free gum after meals and snacks.



“I smiled on them when they had no confidence, and the light of my face they did not cast down.” Job 29:24

Source: <https://www.worldoralhealthday.org/factsheet-practice-good-oral-hygiene-routine>