

**BE PROUD
OF YOUR MOUTH**

Visit the dentist regularly

FACT: Oral diseases affect nearly 3.5 billion people, often leading to pain, discomfort, social isolation, loss of self-confidence, lost hours at work or school, and are linked to other serious health issues.

www.worldoralhealthday.org



**World Oral
Health Day**
20 March



How can the dentist help?

The dentist can help keep your teeth and mouth healthy. A regular check-up allows your dentist to see if you have any dental problems, provide a treatment plan if necessary and remove any build-up of plaque, which if not managed can lead to tooth decay (dental caries) or gum disease (periodontitis).

The dentist will:

- examine your teeth, gums and mouth;
- advise how to maintain good oral health through eating a balanced, low-sugar diet, avoiding tobacco and limiting alcohol;
- educate you on how to keep your teeth and mouth healthy through good oral hygiene habits, including how to brush your teeth and floss correctly;
- provide any necessary treatment;
- discuss a date for your next visit;
- work with you to help maintain your oral and general health.

Good oral health can help you live a longer, healthier life

 @worldoralhealthday #MouthProud #WOHD21