

ORAL HEALTH FOR ADULTS

Did you know?

Every day, we use our mouths to speak, smile, eat and express ourselves. It's easy to take these everyday moments for granted, but a healthy mouth helps us enjoy them with comfort and confidence.

WHAT IS ORAL HEALTH?

Oral health is the health of the mouth, including the teeth and supporting structures, that enables people to perform essential everyday functions. Whatever your age, oral health is vital to general health and well-being.



5 STEPS TO GOOD ORAL HYGIENE

-  Brush for 2 minutes, 2x a day to remove food debris and plaque.
-  Use a toothbrush with a **small head** and **soft to medium bristles**, replacing it every three to four months.
-  Use **fluoride toothpaste**, which helps protect teeth. Check that the toothpaste contains between 1,350–1,500 ppm fluoride. To prolong its protective effect, do not rinse with water straight after brushing. Instead, spit out any excess toothpaste.
-  Brush every surface using either a manual toothbrush (with sweeping motions) or an electric toothbrush (following the manufacturer's instructions), making sure to **clean the inside, outside and chewing surfaces** of the teeth.
-  Clean between your teeth daily using floss or interdental brushes to remove plaque from areas your toothbrush cannot reach.

THE IMPORTANCE OF DIET, CHECK-UPS AND MORE



Eat a balanced, low-sugar diet. Nutrition and oral health are closely linked.



Sugar, in particular, has a direct impact on oral health. Sugar and acids weaken tooth enamel, so eating or drinking sugary products throughout the day increases the risk of tooth decay. Keep “free sugars” (those added to foods and drinks) to less than 10% of your daily energy intake – ideally below 5% (6 teaspoons).



Avoid tobacco use and limit alcohol consumption. Both increase your risk of oral diseases, including tooth decay, gum disease and oral cancer.



Work together with your dentist for a healthy mouth. Regular dental check-ups, combined with a good oral hygiene routine, are key to preventing oral health conditions.



Avoid injuries to the mouth by wearing a well-fitting mouthguard whenever you take part in contact or combat sports, even if you only participate occasionally. Wear one when cycling too.

WHERE TO GO NEXT



Read **The mouth-body connection** fact sheet to learn more about how good oral health contributes to your overall health, well-being and quality of life.



**World Oral
Health Day**
20 March



EVERYONE,
EVERYWHERE
IS INVITED
TO JOIN US

#GENERATIONSMILE
#WOHD27

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