



U. PORTO



FACULDADE DE
MEDICINA DENTÁRIA
UNIVERSIDADE DO PORTO

AE) FMDUP

UP's integrated health and well-being promotion program

March 20 | World Day

Oral health

Myth or truth?

MYTH OR TRUTH?

**Before visiting the dentist,
we shouldn't eat...**

Myth

WHY SHOULD WE EAT FIRST?

**To prevent the person from feeling unwell
during the consultation.**

***unless your doctor advises otherwise**



M YTH OR TRUTH?

Doing too many dental cleanings ruins your teeth...

Myth

WHY?

The instruments used for tooth scaling do not destroy the enamel, they only remove bacterial plaque. It is recommended that you carry out a scaling every 6 months *

*the need for more or less frequency must be indicated by your dentist



MGROUP YTH OR TRUTH?

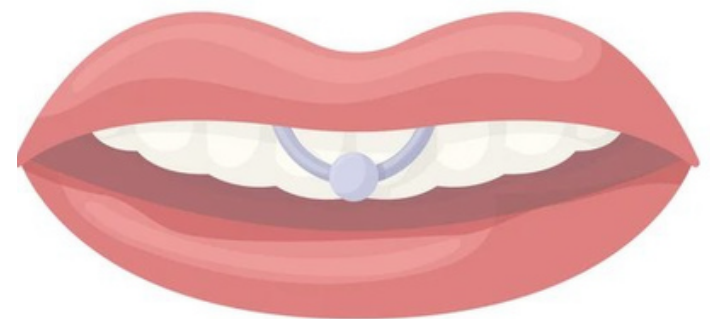
Piercings do not affect oral health...

Myth

WHY?

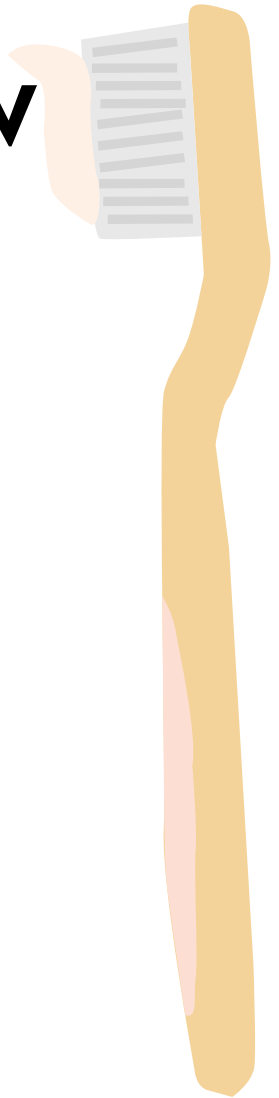
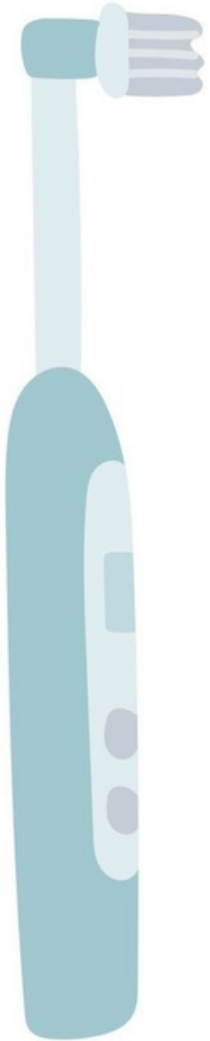
Increase the risk of:

- Changes in speech and chewing
- Excessive salivation
- Bad breath
- Tooth fracture
- Infection
- Gum problems
- Allergic reaction to metal



M YTH OR TRUTH?

Electric toothbrushes allow for better hygiene of the oral cavity...



Myth

WHY?

Manual brushes, if used correctly, with the appropriate technique, recommended by your dentist, are effective. The electric toothbrush is easy to use and, therefore, a good option.

*It is essential to supplement with dental floss or tape.

MYTH OR TRUTH?

**Teeth whitening is always
harmless...**



Myth

WHY?

**Always ask your dentist for an opinion. Some products
on the market are not safe.**

M YTH OR TRUTH?

Lip tattoos have no risk of serious infections...



Myth

WHY?

It can compromise the healing process at the tattoo site and cause an increased risk of spreading microorganisms.

***if you are considering getting a tattoo in the oral cavity, consult your dentist.**



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Do you know that...



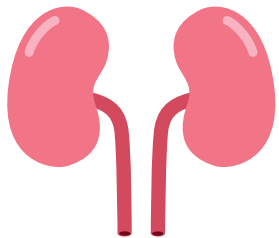
DO YOU KNOW THAT...

There is a relationship between oral health and general health...

Periodontitis

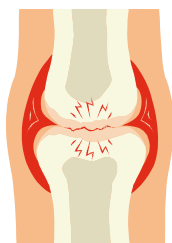
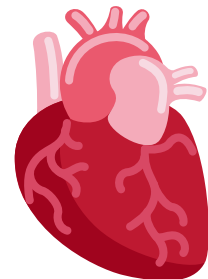
DISEASE OF THE TISSUES THAT SUPPORT THE TEETH

It may increase your risk of:



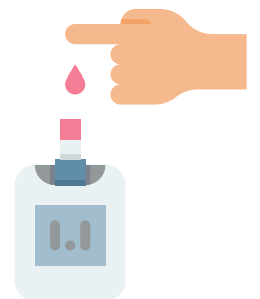
Chronic kidney
diseases

Cardiovascular
diseases



Rheumatoid
arthritis

Diabetes
Mellitus



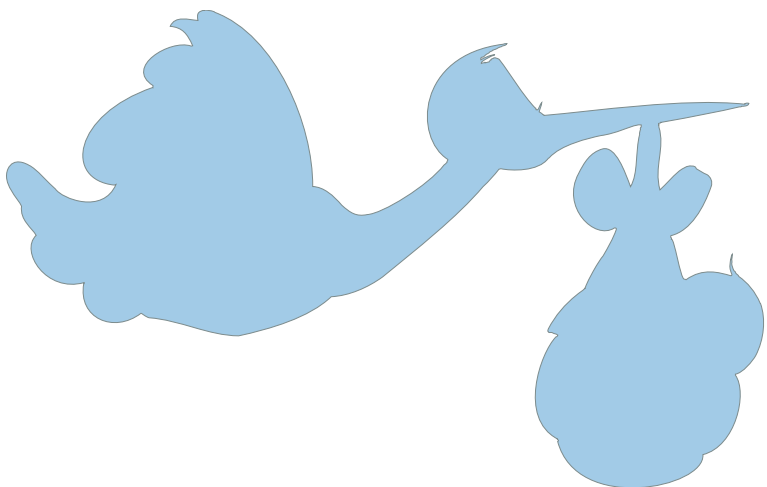
DO YOU KNOW THAT...

Periodontitis can lead to problems during pregnancy...

DISEASE OF THE TISSUES THAT SUPPORT THE TEETH

As?

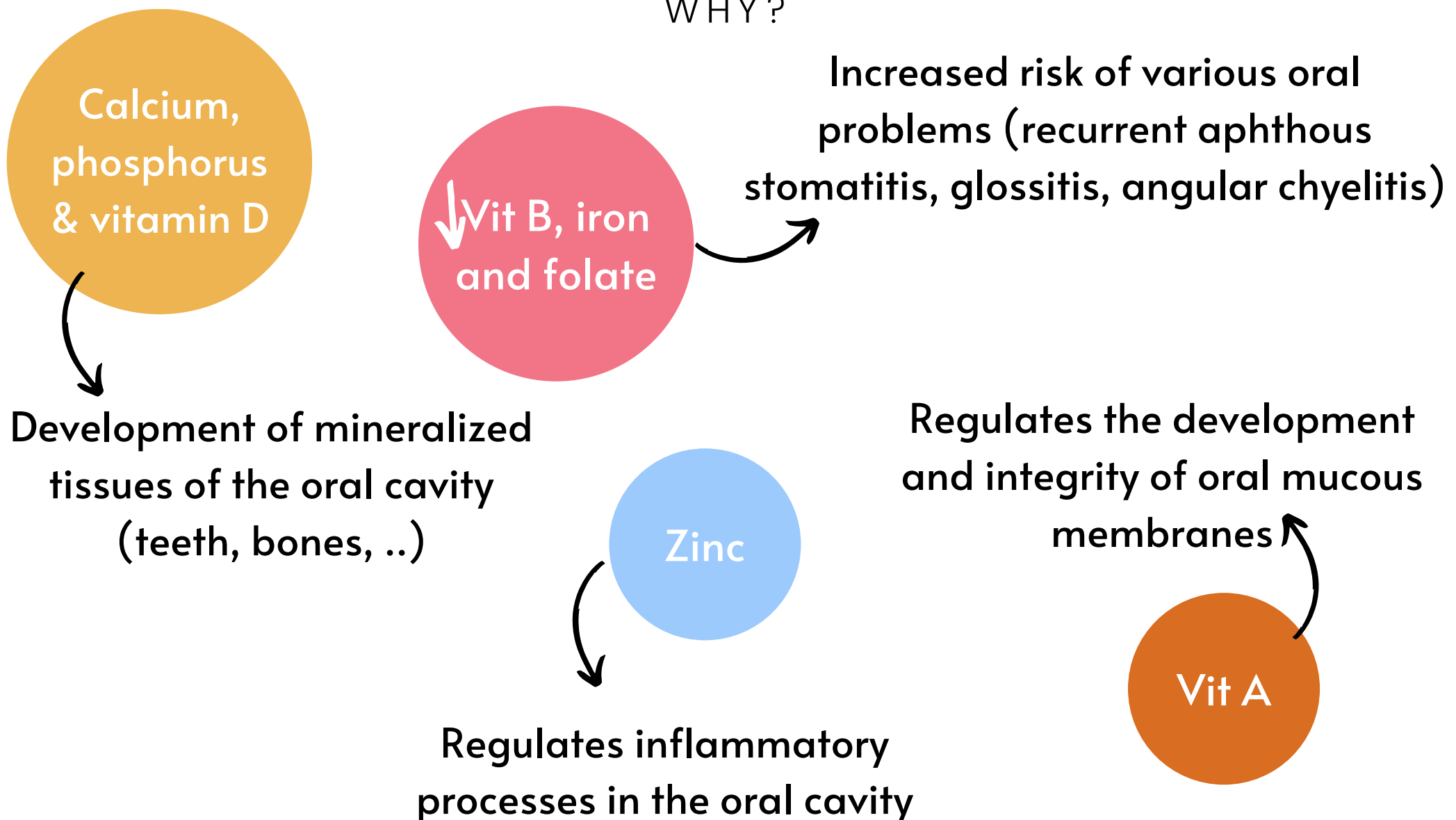
Some studies indicate that periodontitis is associated with an increased risk of preterm births, low birth weight babies and risk of eclampsia.



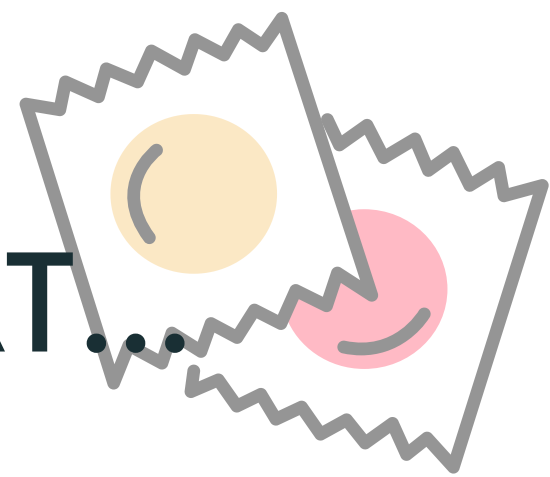
DO YOU KNOW THAT...

Nutrition is essential for the correct development and maintenance of orofacial structures

WHY?



DO YOU KNOW THAT...



There are sexually transmitted diseases that manifest themselves in the oral cavity...

What diseases?

IT IS ESSENTIAL TO USE A CONDOM IN ALL SEXUAL RELATIONS

If you have had unprotected sex and are suspicious, make an appointment with your doctor.



White, red spots, recurring wounds, swollen lymph nodes,...

DO YOU KNOW THAT...

There is an association between sport and oral health...



As?

PRACTICING SPORTS IS ESSENTIAL FOR HEALTH, BUT...

