BE PROUD
OF YOUR MOUTH

World Oral Health Day
20 March

fdi FDI World Dental Federation

Take charge of your oral health

FACT: Tooth decay (dental caries) is the most common health condition in the world, caused by unhealthy diets high in sugar as well as exposure to other risk factors.

www.worldoralhealthday.org

What you can do

Eat a balanced, low-sugar diet

Adults should have no more than six teaspoons of sugar daily; for children it's three. Eating a varied, wholesome diet, which includes fruits and vegetables, will help maintain a healthy mouth and body.

Avoid tobacco

Tobacco in any form, smoking or smokeless, is unsafe. Tobacco use puts your mouth at an increased risk of gum disease and oral cancer. It also causes teeth staining, bad breath, premature tooth loss, and loss of taste and smell.

Limit alcohol use

Harmful use of alcohol is strongly linked with an increased risk of several cancers. Furthermore, the acid and high sugar content of most alcoholic drinks can erode your teeth, leading to tooth decay.

Practice good oral hygiene

Brushing your teeth twice daily with a fluoride toothpaste stops plaque building up. A good oral hygiene routine, combined with regular visits to the dentist, is key to helping prevent oral conditions.

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

@worldoralhealthday #MouthProud #WOHD21