

WORLD ORAL HEALTH DAY

FRIDAY MARCH 20

A clean mouth is a healthy mouth.

THE BIG 3 FOR GOOD ORAL HEALTH



Clean between
teeth



Brush twice a
day with fluoride
toothpaste



Visit a dentist
regularly

HEALTHY MOUTH = HEALTHY BODY

Heart health



Gum disease is linked to
cardiovascular disease



Diabetes

Poor oral health impacts
glucose control



Nutrition

Pain-free eating improves
wellbeing

WHAT TO AVOID



Smoking



Sugary
snacks &
drinks



Sipping all
day on soft
drinks, juice &
energy drinks

QUICK TIPS

- Replace your toothbrush every 3 months
- Drink tap water with fluoride
- Wear a mouthguard for sports
- Brush your tongue



World Oral
Health Day
20 March

