

# BE PROUD OF YOUR MOUTH

VISIT THE DENTIST REGULARLY

## WHY IT IS IMPORTANT

One of the best ways to protect your mouth is by going to the dentist for regular check-ups and dental cleanings.

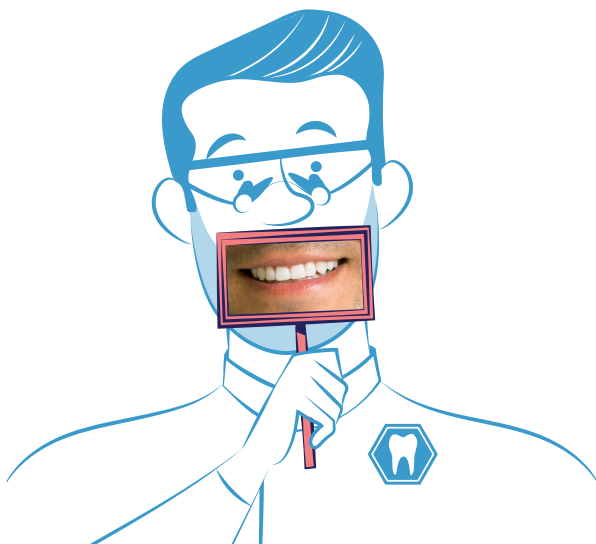
Most oral health conditions are largely preventable and can be treated in their early stages. Maintaining good oral health has a positive impact on your general health, well-being and quality of life.

### FACT

**Tooth decay is the most common health condition in the world, but it is preventable.**

## 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).



By working with your dentist, you can also learn how to prevent oral diseases and possibly avoid the need for treatment altogether.

### 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.

# HOW TO MAINTAIN GOOD ORAL HEALTH THROUGH LIFE

**During pregnancy:** women experience hormonal changes that can affect their gums, causing swelling or tenderness as well as bleeding. This condition is called pregnancy gingivitis. Make sure you see your dentist as soon as possible if you have any of these symptoms. If left untreated, gingivitis can develop into more serious gum disease.

**Children:** take your child to the dentist after the first tooth has pushed through and no later than their first birthday. Read the *Start good oral health habits early* fact sheet to learn more about how to protect your child's mouth.



**Older adults:** you are often at increased risk of tooth loss, gum disease, oral cancer, as well as difficulties with dentures and poor nutrition. Tooth loss without replacement, and loose or overused dentures, may increase the risk of falls because the joint of the jaw contributes to preserving balance. Therefore, it is especially important to visit the dentist as you age, especially if a tooth becomes loose or your dentures no longer fit properly.

Look after your oral health for your happiness and well-being

