

A HAPPY MOUTH IS... a happy life

EMPOWER EVERYONE, EVERYWHERE
TO IMPROVE THEIR ORAL HEALTH



World Oral
Health Day
20 March

worldoralhealthday.org
#WOHD26 #HappyMouth

fdi
FDI World Dental Federation

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Every day, we use our mouths in countless ways, and a healthy mouth makes life more enjoyable. It supports our whole body and makes everyday moments brighter – whether sharing a meal, chatting with a friend, or laughing with loved ones.

Prevention is key. So, let's make every smile a healthier, happier one.

PRACTICE GOOD ORAL HYGIENE

- **Brush teeth** with fluoride toothpaste twice a day for 2 minutes.
- It doesn't matter if an electric or manual toothbrush is used, as long as all the sides and surfaces of the teeth are cleaned.
- After brushing, spit don't rinse.
- **Clean between the teeth** at least once a day (e.g., floss, interdental brushes).
- **Replace a toothbrush** every 3 months or when it is splayed or worn.



VISIT THE DENTIST REGULARLY

- A regular check-up allows the dentist to see if there are any dental problems and helps keep the mouth healthy.
- Most oral health conditions are largely preventable and can be treated in their early stages.



ADOPT HEALTHY HABITS

- **Enjoy a healthy, balanced diet** and avoid sugary drinks. Favour water.
- **Do not eat** sugary snacks or treats in-between meals. Having sugar throughout the day increases the risk of tooth decay (dental caries).
- **Avoid** tobacco and harmful use of alcohol.
- **Wear a mouthguard** for contact sports and on bicycles.



WHAT CAN GOVERNMENTS DO?

- Governments have a responsibility to implement population-wide measures for oral health promotion that aim to increase oral health literacy and access to:
 - fluoride toothpaste;
 - clean water to reduce consumption of sugary drinks;
 - essential oral health services as part of universal health coverage plans.



For more information and support:
fdiworlddental.org/whole-mouth-health

