Your mouth is amazing! It helps you to eat, speak and smile confidently – to enjoy life.

PLEDGE TO

LOOK AFTER YOUR ORAL HEALTH AND INSPIRE OTHERS TO DO THE SAME

www.wohd.org
**LET’S UNITE FOR MOUTH HEALTH**

Whatever your age, taking care of your mouth is crucial for your general health and well-being. Yet half the people in the world suffer from oral diseases such as tooth decay and gum disease, which can affect all the things we take for granted, like eating, speaking and smiling.

This World Oral Health Day, we want everyone to make a pledge to look after their oral health, because a healthy mouth enables us to **ENJOY LIFE**... and that’s something definitely worth pledging for.

**WHAT WILL YOU PLEDGE TO DO?**

A good oral hygiene routine, regular dental check-ups and a healthy lifestyle will help protect your mouth and body, whatever age you are. So, what will you do to protect yours?

**MAKE A PLEDGE FOR GOOD ORAL HYGIENE**

**PLEDGE TO**

**BRUSH YOUR TEETH THE RIGHT WAY**

Brushing the right way is really important for a healthy mouth. Brush your teeth for two minutes, twice a day, using a fluoride toothpaste*. Follow the right brushing technique using either a manual or electric toothbrush. This means brushing in circular motions – not back and forth. Finally, spit but do not rinse your mouth with water straight after brushing as that can wash the protective fluoride away.

Are you doing all these things already? If not, pledge to put it right.

**PLEDGE TO**

**START FLOSSING**

Floss and interdental cleaners help you reach those difficult areas between your teeth. Regular cleaning helps to dislodge food and may reduce gum disease and bad breath by removing plaque that forms along the gum line.

If you don’t do it already, make a pledge to floss daily, or to let your dentist teach you how to do it.

**PLEDGE TO**

**REPLACE YOUR WORN-OUT TOOTHBRUSH**

Brushing your teeth with an old, frayed toothbrush won’t clean your teeth properly. The average life of a toothbrush is about 3 months. Pledge to change yours if it’s time for a new one.

**PLEDGE TO**

**PROTECT YOUR MOUTH WHEN ON THE GO**

It’s not always possible to brush your teeth after every snack or meal, especially when you’re on the go. Chew sugar-free gum instead, or rinse with a fluoride mouthwash. Pledge for a healthy mouth at all times!

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* Children younger than 3 use rice-sized fluoride toothpaste. Children older than 3 used pea-sized fluoride toothpaste.
MAKE A PLEDGE FOR REGULAR DENTAL CHECK-UPS

There are so many important things to fit into our busy lives, make sure an appointment to visit the dentist is one of them. You may have avoided dentists in the past because you think it is going to be a scary experience. Just remember, it’s a dentist’s job to keep you safe and healthy – they play a crucial role in maintaining your overall health.

Pledge to replace any reasons to say NO with a decision to GO!

The best way to protect your mouth is by going to the dentist for regular check-ups and dental cleanings. The dental team will remove any build-up of plaque, which if not managed, can lead to tooth decay. They can also advise on how regularly you need to book an appointment, depending on your specific needs.

No appointment in the diary? Pledge to schedule one right away.

Just like other major diseases, prevention, early detection and treatment are important in keeping your teeth and mouth healthy, and to stop any potential negative effects on the rest of your body. Even better, when you work together with your dentist, you may avoid needing any treatment at all.

Dentists will help you keep your mouth healthy your whole life. Pledge to take their help.

MAKE A PLEDGE FOR A HEALTHIER LIFESTYLE

Too many sugary foods and drinks are bad for everyone – they are the number one cause of tooth decay. As adults, we should be having no more than 6 teaspoons of sugar daily, for children it’s 3. Do you think you’re exceeding this?

If so, pledge to cut down on sugary treats and find tasty alternatives.

Tobacco in any form, smoking or smokeless, is unsafe. Tobacco increases the risk of gum disease and oral cancer, and causes teeth staining, bad breath, premature tooth loss, and loss of taste and smell. Don’t risk your life for it – pledge to give it up.

Drinking too much alcohol is a major risk factor for a lot of diseases, including oral diseases. The acid and high sugar content of most alcoholic drinks can erode your teeth, causing dental caries. Alcohol can also cause cancers of the mouth and gum disease. Pledge to limit how much alcohol you drink – reach for water instead!

Sugar refers to free sugars that are added to foods and drinks by the manufacturer, cook, or consumer, and sugars naturally present in honey, syrups, fruit juice and fruit juice concentrates. It does not refer to sugar that is naturally present in fruits, vegetables and milk.

These tips are based on FDI global recommendations and national guidelines may differ, so please consult with your dentist/primary healthcare provider or National Dental Association to ensure they comply with local recommendations.
Let's UNITE FOR HAPPIER, HEALTHIER LIVES

Keeping your mouth healthy is essential for your general health and well-being. An unhealthy mouth can cause discomfort and pain making it difficult to eat and drink, affect your confidence in social situations, stop you from going to school or work, and be linked with other serious health problems. In other words, an unhealthy mouth reduces your enjoyment of life.

That’s why, this World Oral Health Day, we are asking everyone to make a pledge to look after their oral health and inspire others to do the same.

Let us know what you will do: #WOHD20 #UNITEFORMOUTHHEALTH

We want our collective efforts and pledges to lead to happier, healthier lives.

GET INVOLVED WITH WORLD ORAL HEALTH DAY

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