



SADA
THE SOUTH AFRICAN
DENTAL ASSOCIATION

PRESS RELEASE

TITLE:

GOOD ORAL HEALTH - AN INVESTMENT IN YOUR OVERALL WELLBEING

STATEMENT:

This World Oral Health Day, SADA emphasises the need for good oral health for our physical, emotional, social and mental wellbeing.

GAUTENG – 15 March 2022

GOOD ORAL HEALTH - AN INVESTMENT IN YOUR OVERALL WELLBEING

Many people don't realize the extent to which their oral health is linked to their overall physical health, and that dental hygiene is about so much more than pearly white teeth and fresh breath. Poor dental health increases the risk of bacteria entering the blood stream, which can cause an infection and affect certain areas of the heart. Gum disease (periodontitis) which affects an estimated 10% of the global population, is associated with an increased risk of developing heart diseases. In fact, poor oral health can contribute to endocarditis, an infection of the inner lining of the heart chambers or valves as well as cardiovascular disease¹.

The body's natural defences along with good oral health care, such as daily brushing and flossing, work to keep bacteria under control. Without proper oral hygiene, bacteria can reach levels that lead to oral infections, such as tooth decay and gum disease¹.

Gum disease in pregnant women has also been linked to premature birth and low birth weight. Certain bacteria in your mouth can also be drawn into your lungs, causing pneumonia and other respiratory diseases². The bottom line is that your oral health is more important than many of us realize.

This World Oral Health Day, the South African Dental Association (SADA) wants to re-iterate the importance of good oral health. An unhealthy mouth can severely impact your quality of life by affecting not only your physical wellbeing but also your emotional, social and mental health.

Poor oral health can negatively affect a person's self-image and emotional well-being. This includes feeling embarrassed about their teeth and mouth which can lead to missing school or work and result in social withdrawal and isolation.

Over 90% of the world's population will suffer from some form of dental disease in their lifetime⁴. The good news is that most oral health conditions are preventable and can be treated to avoid further progression. This includes brushing your teeth at least twice a day, flossing daily and scheduling regular dental check-ups and cleanings¹. Eating a well-balanced diet and avoiding tobacco use can also aid good dental hygiene⁵.

World Oral Health Day (WOHD) is celebrated annually to spread educational messages about good oral hygiene practices and how to prevent and control oral disease. WOHD champions the prevention and early detection of oral health issues and aims to raise the profile of oral health on a global scale. Educating people about the link between oral health and systemic health has also become a priority.

Unfortunately, widespread disparities do exist when it comes to the access and uptake of oral health services in South Africa and globally. SADA supports awareness initiatives and runs programmes at an outreach level primarily to school children to educate our youth about the importance of good oral hygiene. In most local community health centres (CHC), members of communities can access oral health services, so we urge community members to visit these CHCs so that you can get your oral health issues treated in time. These are free services that are offered by the by the Department of Health.

'Be Proud of your Mouth' is the theme of **World Oral Health Day 2022** for the second year running, and SADA is calling on all South Africans to look after their oral health for their happiness and wellbeing.

For more information or to find a dentist in your area, go to <https://www.sada.co.za/>

Posters, Key message cards and Photo Frames for use during this campaign are available at <https://www.sada.co.za/news-oral-health-day>

References:

1. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20047475>
2. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/heart-disease-prevention/faq-20057986>
3. <https://www.who.int/news-room/fact-sheets/detail/oral-health>
4. <https://www.gov.za/speeches/world-oral-health-day-2018-30-nov-2017-1100>
5. <https://www.nia.nih.gov/health/taking-care-your-teeth-and-mouth>

Ends

Release date: 15 March 2022

BE PROUD OF YOUR MOUTH  **SADA**
THE SOUTH AFRICAN
LEADERS ASSOCIATION

 **World Oral Health Day**
20 March

 **fdi**
FDI World Dental Federation

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

FACT
Oral health is multi-faceted and can impact every aspect of life; that's because the health of your mouth is connected to your emotional, social, mental and overall physical well-being.

- **Oral health for emotional well-being** - When you have healthy self-esteem, you feel good about yourself. However, poor oral health can negatively impact personal value and self-image, which is harmful to emotional well-being, whereas good oral health can help us keep a positive state of mind.
- **Oral health for mental well-being** - Mental health includes our emotional, social and psychological well-being. Oral diseases have far-reaching consequences from missing work and school, to your self-confidence and how you socialize, or even your ability to enjoy a simple meal. Protect yourself and your quality of life.
- **Oral health for social well-being** - We build our social well-being by interacting with people around us. Oral diseases can impact personal relationships and make us more resistant to social interactions. Good oral health offers the ability to laugh, eat and communicate with others without worry or anxiety.
- **Oral health for physical well-being** - Good oral health is vital for general health and well-being and can be maintained by being aware of your risk factors and taking action to prevent disease. A healthy mouth can also lead to better sporting performance and help prevent sports injuries.

www.sada.co.za
worldoralhealthday.org

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#MouthProud #WOHD22

BE PROUD OF YOUR MOUTH

Oral health impacts happiness and well-being



World Oral Health Day
20 March

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About SADA:

The South African Dental Association (SADA) is the peak national body for the dental profession in South Africa representing the large majority of active registered dentists, both in the public and private sectors in South Africa. It is a non-profit professional association with voluntary membership organisation represented by a total of 11 branches, one in every province of the Republic of South Africa, with Gauteng and Eastern Cape provinces having two branches each. The Association represents the interests of both the oral health profession and its members in South Africa.

The Association is committed and engaged in processes relating to setting industry standards and formulating policies. Learn more about SADA at <https://www.sada.co.za>

Website: www.sada.co.za

Facebook Page (Public): <https://www.facebook.com/sadentalassoc/>

Facebook Page (Professional): <https://www.facebook.com/groups/sadentalassociation/>

Facebook – (YDC): <https://www.facebook.com/youngdentistscouncil/>

Instagram (Public): <https://www.instagram.com/southafricandentalassociation/>

Twitter (Public): <https://twitter.com/SADentalAssoc>

YouTube (Public): <http://www.youtube.com/c/SouthAfricanDentalAssociation>

LinkedIn (Public): <https://www.linkedin.com/company/17952246>

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