



**SADA**

THE SOUTH AFRICAN  
DENTAL ASSOCIATION

*Live*  
**MOUTH SMART**  
September is Oral Health Month  
**Taste through life**

Good oral hygiene habits, avoiding risk factors and having a regular dental check-up from early in life can help maintain optimal oral health into old age.

[www.sada.co.za](http://www.sada.co.za) #SADA #LiveMouthSmart