

BE PROUD  
OF YOUR MOUTH



SADA  
THE SOUTH AFRICAN  
DENTAL ASSOCIATION



World Oral  
Health Day  
20 March

fdi  
FDI World Dental Federation

# Protect your mouth while you on the go

## FACT

**Chewing sugar-free gum is proven to benefit dental health as it helps neutralize plaque acids.**

It is important to brush your teeth twice a day with fluoride toothpaste. But your teeth come under attack from bacteria and plaque more than twice a day. Help protect your mouth while you're on the go and after meals and snacks by doing the following:

- **Rinse with a fluoride mouthwash** - A fluoride mouthwash not only freshens breath, it can help prevent tooth decay (dental caries).
- **Use floss or interdental brushes** - Regular cleaning helps to dislodge food and may reduce gum disease and bad breath by removing plaque that forms along the gum line.
- **Chew sugar-free gum** - Chewing sugar-free gum increases the amount of saliva you produce, which helps wash away food particles before they become trapped on, around or in between your teeth.

[www.sada.co.za](http://www.sada.co.za)  
[worldoralhealthday.org](http://worldoralhealthday.org)



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