

BE PROUD
OF YOUR MOUTH



SADA
THE SOUTH AFRICAN
DENTAL ASSOCIATION



World Oral
Health Day
20 March

fdi
FDI World Dental Federation

Look after oral health for overall health

FACT

Just like other major diseases, prevention, early detection, and treatment of oral diseases is important to stop any negative effects on the rest of your body.

Oral health is vital for your general health and well-being.

- **EDENTUALISM** - Tooth loss should not be accepted as a natural course of ageing. Loss of teeth makes chewing more difficult and can lead to poor nutrition.
- **ORAL CANCER** - Reduce your risk of oral cancer by avoiding tobacco and limiting alcohol use.
- **CARDIOVASCULAR DISEASE** - Good oral health could help in the prevention of heart disease and stroke.
- **DIABETES** - Maintaining a healthy mouth has a positive impact on the management of diabetes.
- **RESPIRATORY DISEASE** - Dental infections have been associated with a higher risk of pneumonia.
- **DEMENTIA** - The pathogens related to gum infection have been linked to the development of Alzheimer's Disease.

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