

I PLEDGE TO

BRUSH MY TEETH EVEN
WHEN I'M TOO TIRED



SADA
THE SOUTH AFRICAN
DENTAL ASSOCIATION

#SayAhh
#SADA
#WOHD20

www.sada.co.za

Telephone 011 484 5288

#UNITEFORMOUTHHEALTH



World Oral
Health Day
20 March

www.worldhd.org



This World Oral Health Day, we want everyone to Unite for Mouth Health because a healthy mouth enables us to enjoy life... and that's something definitely worth pledging for.

Make a pledge

Whatever your age, taking care of your mouth is crucial for your general health and well-being. A good oral hygiene routine, regular dental check-ups and a healthy lifestyle will help protect your mouth and body.

Pledge to brush your teeth morning and night

Brush your teeth for two minutes, twice a day, using a fluoride toothpaste. Spit out the toothpaste after brushing, but do not rinse your mouth with water, as this washes away the protective fluoride.

www.worldoralhealthday.org



Are you already brushing twice a day?

If not,
MAKE A PLEDGE*
to do better in the future.



* TAKE A PHOTO WITH THIS CARD AND POST TO SOCIAL MEDIA USING THE HASHTAG #UniteForMouthHealth #SADA

I PLEDGE TO

CUT DOWN ON
SUGARY TREATS



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Pledge to cut down on sugar in your diet

Consuming too many sugary foods and drinks are bad for us – and 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.

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Do you think you're exceeding this amount?

If so, **MAKE A PLEDGE*** to cut down on sugary treats and find tasty alternatives.

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I PLEDGE TO

SAY AHH FOR
THE DENTIST



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Pledge to visit the dentist regularly

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.

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No
appointment
on the agenda?

If not,
MAKE A PLEDGE*
to schedule
one right away.



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I PLEDGE TO

KEEP MY MOUTH AND
BODY HEALTHY



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Make a pledge

Whatever your age, taking care of your mouth is crucial for your general health and well-being. A good oral hygiene routine, regular dental check-ups and a healthy lifestyle will help protect your mouth and body.

Pledge to look after your mouth and body

Keep your mouth healthy and reduce your risk for other diseases by consuming foods and drinks low in sugar, avoiding tobacco and limiting alcohol use. Tobacco increases the risk of gum disease and oral cancer and causes teeth staining, bad breath and premature tooth loss. High-sugar foods and drinks, including excessive alcohol, can cause tooth decay. Alcohol can also cause cancers of the mouth and gum disease.

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Could you
reduce your
risk?

If so,
MAKE A PLEDGE*
to reach for
water and
avoid tobacco!



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I PLEDGE TO

ALWAYS KEEP MY
MOUTH CLEAN



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Make a pledge

Whatever your age, taking care of your mouth is crucial for your general health and well-being. A good oral hygiene routine, regular dental check-ups and a healthy lifestyle will help protect your mouth and body.

Pledge to protect your mouth when you're 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. Regular cleaning between teeth by using floss or other interdental cleaners can also help to dislodge food and reduce your risk of oral disease.

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Could your mouth be cleaner?

If so,
MAKE A PLEDGE*
to make time
to take better
care of your
mouth.



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I PLEDGE TO

KEEP MY MOUTH
HEALTHY MY WHOLE LIFE



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Make a pledge

Whatever your age, taking care of your mouth is crucial for your general health and well-being. A good oral hygiene routine, regular dental check-ups and a healthy lifestyle will help protect your mouth and body.

Pledge to prioritize your mouth every day

Tooth loss and oral diseases affect both children and adults. You can keep your mouth healthy by brushing your teeth for two minutes, twice a day, using a fluoride toothpaste and going to the dentist for regular check-ups. Don't forget to cut down foods and drinks high in sugar as well as avoid tobacco and limit your alcohol use.

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Could you take better care of your mouth?

If so,
MAKE A PLEDGE*
to start today.



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