

World Oral Health Day



World Oral Health Day
20 March

World Oral Health Day is celebrated every year on 20 March. It is an international day to celebrate the benefits of a healthy mouth, promote worldwide awareness of the issues around oral health, and emphasize the importance of maintaining good oral hygiene for everyone, young and old.

Why is World Oral Health Day important?

According to the Oral Health Organisation, between 15-20% of adults ages 35 to 44 have severe gum disease, and about 30% of people around the world aged 65 to 74 have none of their natural teeth left. Furthermore, out of every 100,000 people, there are between 1 and 10 cases of oral cancer in most countries

Many of these conditions can be avoided by raising awareness in the community and encouraging people to maintain a healthy mouth to boost overall health and quality of life.

The theme for World Oral Health Day in 2022 is: **Be Proud of their Mouth for their happiness and well-being**; encouraging as many people as possible to look after their mouths and protect their oral health.



The link between oral and general health!

A healthy mouth can help you maintain a healthy body. According to studies and research, oral bacteria and inflammation may increase the chances of experiencing:

- Cardiovascular diseases: Bacteria can spread from the oral cavity to the bloodstream, causing a life-threatening infection of heart valves
- Endocarditis, or inflammation of the lining of the heart
- Pregnancy and birth complications such as low birth weight
- Pneumonia and other respiratory diseases
- Diabetes: People with gum disease have difficulty controlling their blood sugar levels
- Osteoporosis: The bone-weakening disease is linked with periodontal bone loss and tooth loss

Causes of dental and oral diseases

Many factors can contribute to developing oral diseases, including smoking, poor oral hygiene habits, diabetes, frequent sugary foods and drinks, family history, or genetics. However, you shouldn't wait until you have symptoms to visit your dentist. Going to the dentist twice a year will usually allow them to catch a problem before you even notice any symptoms.



Symptoms of dental and oral diseases

You may have one or more symptoms, including:

- Ulcers in the mouth that won't heal after a week or two
- Bleeding or swollen gums after brushing or flossing
- Chronic bad breath
- Sensitivity to hot and cold temperatures or beverages
- Pain or toothache
- Loose or broken teeth
- Pain while chewing or biting
- Swelling of the face and cheek

Keeping your teeth and gums healthy

Your mouth is a mirror to your body. Good general health habits can prevent oral health problems. Some top tips include:

- Brush your teeth with fluoride toothpaste at least twice a day
- Floss at least once a day (one of the most beneficial things you can do to prevent disease in your oral cavity)
- Have your teeth cleaned by a dental professional every six months
- Avoid smoking
- Follow a high-fibre, low-fat, low-sugar diet with plenty of fruits and vegetables
- Limit sugary unhealthy snacks and drinks



**A genuine smile comes from the heart,
but a healthy smile needs good dental care.**