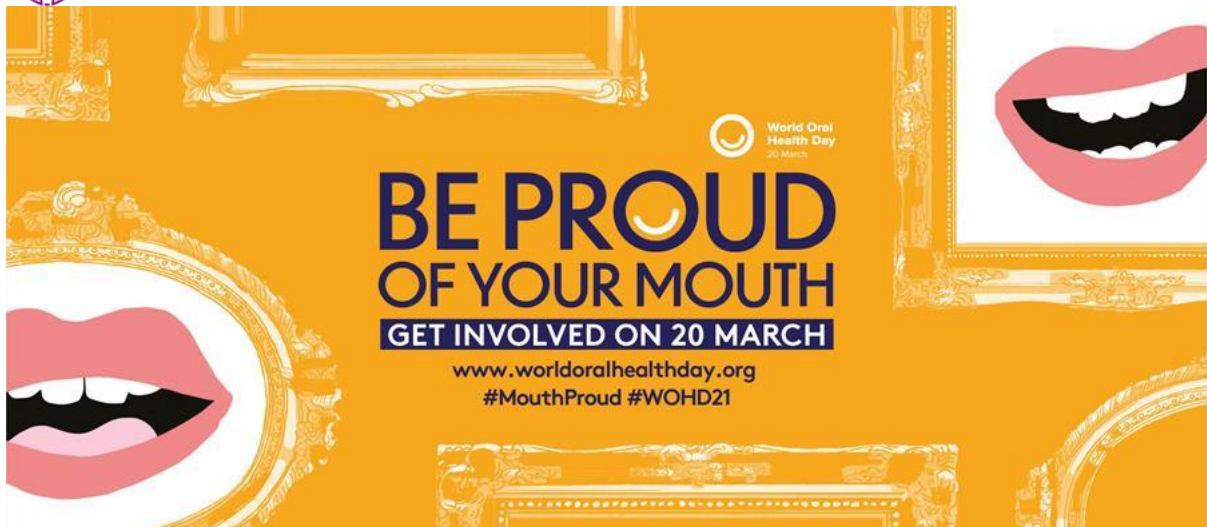




**New Zealand
Dental Assoc.**

For the common
good since 1905.
NZDA.org.nz



Today is World Oral Health Day!

A day where FDI World Dental Federation asks the world to unite to help reduce the burden of oral diseases by empowering people with knowledge, tools and confidence to secure good oral health. This year FDI are celebrating WOHD with the tagline *Be Proud of Your Mouth*.

The New Zealand Dental Association wants to encourage Aotearoa New Zealand to obtain a sense of pride in their oral health this World Oral Health Day by sharing some tips on how to maintain good oral health for a lifetime.

Tips to maintain good oral health:

Brush twice daily with a soft bristled toothbrush and fluoride toothpaste.

Soft bristled toothbrushes are important to protect our gums from damage whilst brushing. Fluoride toothpaste of at least 1445ppm (parts per million) is an essential preventative measure for dental decay.

Floss between all teeth daily.

Flossing enables us to remove plaque and debris from between teeth where our toothbrush can't reach.

Make water your choice of drink and reduce your sugary

drink intake.

Sugary drinks are the leading cause of dental decay in Aotearoa. They also contribute very little nutritional value to the average diet, making them an unnecessary part of our diet. Water on the other hand is very accessible, mostly free and is vital for our everyday hydration. Water has the perfect pH level for our mouth making it the drink of choice for dental (and overall) health.

Choose tooth safe foods that are low in sugar - check nutrition information on product packaging.

Limiting the amount of sugar we are consuming is better for our oral health. We can see how much sugar is in any given product by looking at the nutrition information panel on the back of the packaging.

Attend regular dental check-ups [at least once a year].

Scheduling an annual check-up is super important for making sure we are maintaining our oral health as best as we can.

Remember! Tamariki aged 0-17 years have access to free oral health care.

To make sure that your tamariki/children are enrolled with the Community Oral Health Service you can call 0800 TALK TEETH (0800 825 583). Tamariki are usually enrolled at birth or during their first well child checks.

By following these tips, we can feel confident that we are making the best choices and taking the best action for good oral health for life. Now that's something to be proud of! *Be proud of your mouth!*

[READ MORE ON WOHD](#)

[JOIN NZDA ON SOCIAL MEDIA](#)



The NZDA are the chosen advocates for dental professionals nationwide, offering professional development, knowledge sharing and trusted representation that sets the benchmark for accessible prevention and treatment in our communities.

You're receiving this email because you are part of the healthcare community.