

The Importance of Oral Hygiene

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Introduction




How long do you brush your teeth for?

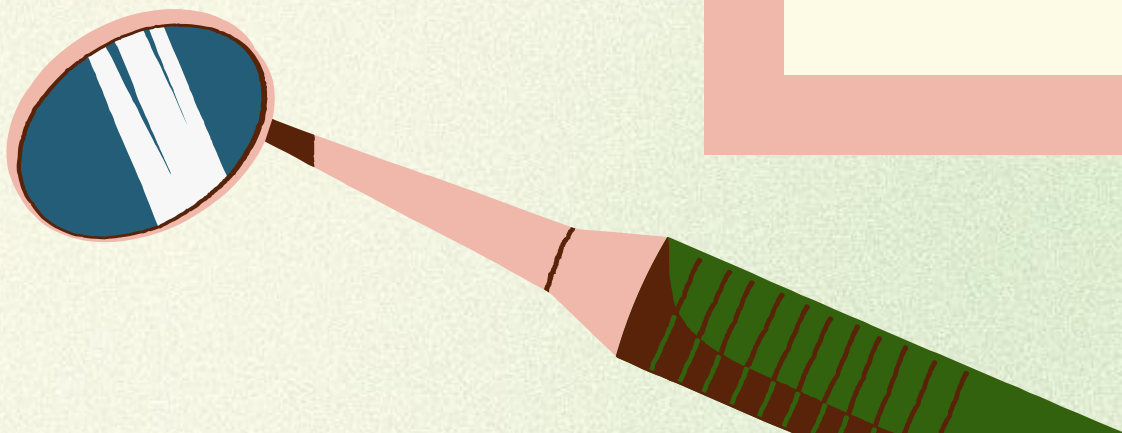
Did you know that you should brush your teeth for at least 2 minutes!

Our teeth allow us to speak clearly, chew and show our facial expressions. Hence, why oral hygiene is extremely important. This presentation provides a brief overview of why and how you should take care of your teeth.



Today You Will

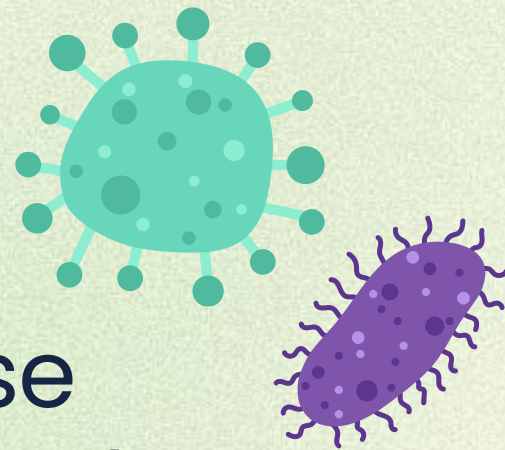
-  Understand the impacts of good oral hygiene
-  Learn the consequences of bad oral hygiene
-  Learn how to maintain and take care of your teeth



GERMS!

The mouth is an entry point into the digestive system and respiratory system. This gives bad germs an opportunity to cause disease through the body just by the mouth.

Without cleaning these germs out, they can cause infections, tooth decay, and sever cardiovascular and respiratory illnesses.



Dental Plaque

Dental plaque is a form of bacteria which can eventually buildup and cause tooth decay and gum diseases.



Healthy teeth = prevention of dental plaque



Impacts of Hygiene

All these diseases can be prevented through demonstrating daily habits of good oral hygiene.

By doing so, your teeth will become much more stronger and resistant to oral diseases.



It is estimated that oral diseases affect nearly 3.5 billion people.

These include oral diseases such as;

- Dental caries (Tooth decay)
- Periodontal (gum) disease
- Edentulism (total tooth loss)
- Oral cancer



Ways to Maintain Oral Health





Nutritious Meals

- Eat a well-balanced diet with good nutrition to grow strong teeth and gums.
- Limit foods that are high in sugar or in saturated fats.

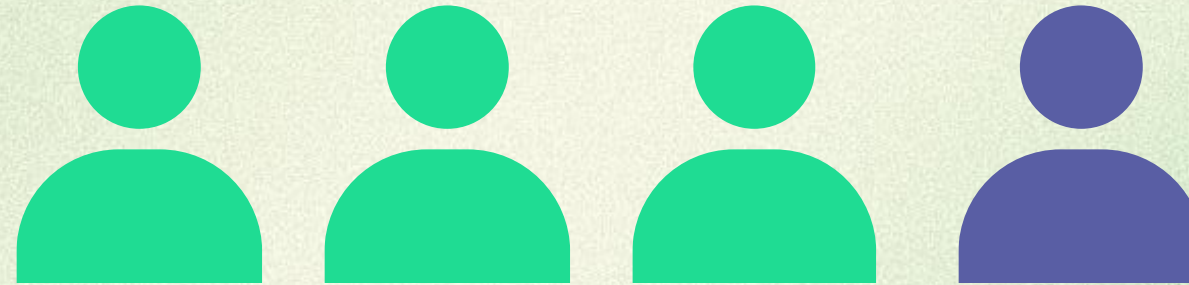


Check your Mouth Regularly

- Important to look for signs of gum damage or disease
- Clean any visible stains or stuck bits of food
- It helps you become more aware of your oral health.

Preventing Plaque

1 in 4 adults ages 20 to 64 years have had untreated decay in America according to the National Health and Nutrition Examination Survey.



- Brush at least 2 times a day to maintain healthy teeth and prevent the development of dental plaque.
- Avoid the use of alcohol, tobacco, and smoking to reduce possibilities of dental plaque



Ways to Maintain Healthy Teeth



**Floss, brush
your tongue
and use
mouthwash**



**Replace your
toothbrush
every 3-4
months**



**See a
Dentist**

Conclusion

Main Ideas

- Bad oral hygiene can lead to development of dental plaque and other oral diseases
- Good oral health prevents oral disease and damage from occurring
- There are many beneficial ways that, with daily practice, can promise a better future for you and your teeth



The background features a light green gradient with stylized dental illustrations. On the left, a blue dental probe with a pink handle and a green base is shown. On the right, a pink dental chair with a white tooth graphic on its backrest is visible. At the bottom, two smiling, anthropomorphic teeth with arms and legs are standing on a green surface. The central text is contained within a light green rectangular box.

Thank you!

**Remember to keep those
teeth healthy and smiling!**

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