

# PROTECT YOUR ORAL HEALTH AT HOME

## HELPFUL TIPS FOR YOU AND YOUR FAMILY

Current circumstances require us to stay inside, avoiding dental appointments that aren't emergencies. Since we cannot attend our routine visits, **it is even more critical for us to have strong oral care habits at home in order to maintain good oral health.**



### YOUR MOUTH - THE GATEWAY TO YOUR BODY

Your overall oral health can have an enormous impact on your whole body. Bacteria caused by leftover food can start forming plaque on teeth within 20 minutes of eating.

Many people underestimate the danger of plaque, which is why it is important to remove it thoroughly twice a day. Not doing so can have a serious impact on not only your oral, but your overall health.

**15-20%**

**OF THE POPULATION WORLD-WIDE AGED 35-44 SUFFER FROM PERIODONTAL DISEASES<sup>1</sup>**



### DID YOU KNOW? ORAL HEALTH ISSUES CAN LEAD TO:

- 1 Premature birth, diabetes, cardiovascular and respiratory diseases<sup>2</sup>
- 2 Physical and psychological damage with an influence on overall wellbeing

## DENTAL PROFESSIONALS RECOMMEND

**3**

### SIMPLE THINGS YOU CAN DO TO PROTECT YOUR ORAL HEALTH



**Brush your teeth twice a day for 2 minutes** with products that are proven to deliver superior plaque removal, making sure to clean hard-to-reach areas.

Oscillating-rotating electric toothbrushes are clinically proven to be superior to manual in terms of plaque reduction and transition to healthy gums<sup>3</sup>.

Toothpaste that contains stannous fluoride protects teeth and gums. Unlike ordinary toothpaste with fluoride, it is active against plaque.

Brush interdentially or floss daily to remove food and plaque that is inaccessible for your toothbrush.



**Change your brush head at least every 90 days**, or sooner, if bristles start to look frayed. The toothbrush will not be as effective if it is worn out.



**Stick to a healthy and balanced diet** that keeps your mouth, and in turn, your entire body healthy.

Limit your sugar consumption and include high-fiber foods in what you eat, such as chia seeds, broccoli or carrots. They can help keep your teeth and gums clean.

Try to stick to your main meals and avoid snacks inbetween.



## PROTECT YOUR CHILD'S ORAL HEALTH



Make sure they brush twice daily with an oscillating-rotating toothbrush (as of 3 years old) and use toothpaste with fluoride.



Make brushing fun! Something as simple as playing kids' favorite music in the bathroom can do the trick. And if that's not enough, toothbrush accessories such as the Disney Magic Timer App from Oral-B can help.



Try to cut back on sugary food and drink. Switching out sweets with a healthy snack and eating snacks less often, is a good way to start.

FOR MORE RESOURCES, VISIT [ORALB.COM](http://ORALB.COM)

<sup>1</sup> According to WHO \* Li X, Kolltveit KM, Tronstad L, Olsen I. Systemic diseases caused by oral infection. Clin Microbiol Rev. 2000;13:547-558. doi: 10.1128/CMR.13.4.547.  
<sup>2</sup> Grender J, Adam R, Zou Y. The effects of oscillating-rotating electric toothbrushes on plaque and gingival health: A meta-analysis. Am J Dent. 2020 Feb;33(1):3-11.