

This month at ...

COTTINGHAM
DENTAL PRACTICE



TOOTHIE WANTS YOU

To take care of your oral health

- Brush
- Floss
- Get dental check-ups
- Say no to sugar

 **World Oral Health Day**
20 March

World Oral Health Day: 20 March

World Oral Health Day is a campaign dedicated to raising global awareness of the issues around oral health and the importance of oral hygiene so that governments, health associations and the general public can work together to achieve healthier mouths and happier lives.

The campaign is organised by FDI World Dental Federation, based in Switzerland. The theme for 2024 is **A Happy Mouth Is... A Happy Body**. You may not realise it, but your dentist can pick up on your general health by the state of your mouth. A healthy mouth and a healthy body go hand in hand. Maintaining a healthy mouth is crucial to keeping it functioning correctly and for maintaining overall health and quality of life.

Turn over for the *How to Brush and Boogie!* poster, introducing Toothie the beaver. What if our day started and ended with a song we love and a few dance moves that make us feel happy? A happy mouth can be a happy start and end of every single day if we boogie while we brush. Toothie shows you a fun way to maintain your daily brushing regime. Share with family and friends!

www.worldoralhealthday.org

Strike a balance this Easter

Indulge in chocolate treats but also keep an eye on your consumption - strike a balance to make sure your oral health doesn't suffer. It is how often, not how much sugary food and drink you consume that causes dental problems.

FIVE TIPS FOR A HEALTHIER EASTER

- Ensure sweet treats are kept to mealtimes.
- Stop eating Easter eggs at least one hour before you go to bed.
- Monitor your chocolate intake, and eat small pieces that won't stay in your mouth for long.
- A glass of water is the best drink after eating chocolate to help wash away the sugar.
- If your sweet tooth still isn't satisfied, move to sugar-free sweets. Those containing Xylitol may help to reduce tooth decay. Don't forget cheese or carrots as alternatives.

Brushing straight after eating chocolate might seem to make sense but try to avoid this. Whenever you eat or drink anything containing sugar, the top surface of the teeth (enamel) is weakened. Brushing directly after eating can cause even more damage because you're brushing away the weakened surface. Give your teeth time to recover. But make sure you brush your teeth twice a day with a fluoride toothpaste. And spit, don't rinse.



Did you know?

Saliva is the body's natural defence against acid attack. It takes about an hour for saliva to replace the minerals that the enamel loses.

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HOW TO BRUSH AND BOOGIE!

WHAT IF OUR DAY STARTED AND ENDED WITH A SONG WE LOVE
AND A FEW DANCE MOVES THAT MAKE US FEEL HAPPY?

A HAPPY MOUTH CAN BE A HAPPY START AND END OF
EVERY SINGLE DAY IF WE BOOGIE WHILE WE BRUSH.

1



Grab your
toothbrush
and toothpaste
(make sure it's
fluoride toothpaste).

2



Turn on your
favourite tune.

3



Then brush and
boogie like no-one
is watching.

4



Clean all the sides
and surfaces of
your teeth to the
rhythm of the beat.

5



Before you know
it, your 2 minutes
brushing time will
be over and you
won't want to stop!

6



Create your own
brush and boogie
playlist and share
it with family and
friends to help
brighten up their
day too.



GET INVOLVED!
#BrushandBoogie



    
worldoralhealthday.org

