

# Keep that winning smile



According to the World Health Organisation, an estimated 30% of all people between 65-74 years old have no natural teeth. Maintaining good oral hygiene is essential to sustaining healthy teeth, gums, and tongues, and to preserving that winning smile.

Here are a few tips from the experts to keep your teeth, gums, and tongue healthy.

- **Brush your teeth at least twice a day.** Brushing removes the build up of bacteria and leftover food from the teeth, which can cause cavities and tooth decay.
- **Choose a toothbrush that it is the right fit for your mouth.** This is very important. Ensure that you choose a toothbrush with a head that is small enough to get to those hard-to-reach areas in your mouth. The American Dental Association recommends a soft-bristle brush and being gentle when brushing your teeth to avoid damaging the gums.
- **When brushing your teeth, ensure that you place your brush at a 45 degree angle to the gum** and move it in a circular motion on the surface of the teeth.
- **Clean the inside and chewing surfaces of your teeth as well as your tongue.** You can clean your tongue by using a dedicated tongue scraper tool or using the tongue scraper function at the back of your toothbrush head.
- **Change your brush every three to four months,** or sooner if the bristles become worn out.
- **Floss between your teeth at least once a day.** Flossing is a crucial part of maintaining your oral health. If you keep forgetting to floss, try leaving a box next to your toothpaste or in your handbag to remind you.
- **Avoid eating too many sugary substances** as these can cause tooth decay. Smoking also increases your chances of oral cancers and premature tooth loss. By refraining from smoking and eating a balanced diet low in sugars, you can keep your oral cavity healthy.
- **Visit your dentist regularly** to check on your oral health. There are no rules set on how often you should visit your dentist as it depends on your individual oral health, however it is recommended that you visit your dental hygienist at least twice a year.
- **See your dentist if your gums bleed often,** if they are constantly sore when you brush them, or if there is constantly pus around your teeth.

Always remember that as adults, you only have one set of teeth. So be sure to take special care of them because life is always better with teeth.