

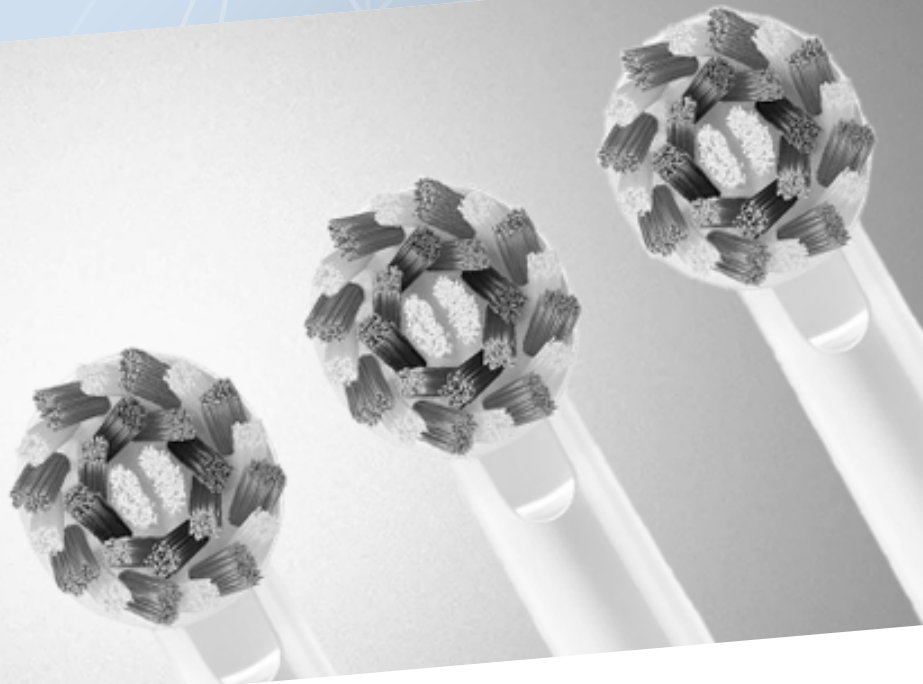


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ORAL HYGIENE DEPARTMENT
MALO CLINIC

DENTAL MEDICINE

HEALTH AND ORAL HYGIENE AWARENESS SESSIONS



These actions aimed to sensitize, inform, motivate and clarify the target population. In a simple and practical approach, the target population was informed about the diseases of the oral cavity, its causes and consequences if they go untreated and also how to solve or avoid their incidence.

Maintaining a good oral hygiene is critical not only for the teeth and gums, but for the whole body.

Did you know that...

poor oral hygiene can directly or indirectly cause cavities, gingivitis, periodontitis, bad breath, tooth loss, lung problems, strokes, heart problems, oral cancer, diabetes, among others?

Daily oral hygiene habits help to prevent all this. There are several procedures you need to do to make your mouth clean. These procedures are done through the daily use of accessories such as a toothbrush, a dental floss and mouthwash.

Prevention is the best option and the most economical way to take care of your oral health:

Efficient brushing 2 to 3 times a day with an electric or manual toothbrush, a correct daily use of the dental floss and the use of mouthwashes helps avoiding problems in the oral cavity. All these procedures, always in conjunction with visits to your Dental Hygienist or Dentist at least 2 times a year.

Our society is already more sensitized and motivated for oral health. However, it is important to continuously inform the population and the best way is undoubtedly through children: Our men of tomorrow.

The advantages of having good oral health consist in a fresh breath, proper mastication of food, a smile full of vitality and an aid to prolong the quality of life.

A healthy mouth facilitates communication and interaction with others.
Our oral health is within our reach, we just need to want to, because WANTING IS POWER.

The cheapest form of treatment is always PREVENTION.
In addition, were you aware that having good oral health is essential to maximizing athletes' performance?
Our football national team has a 5 star smile!