

YOUR TEETH - A VALUED ASSET!

**Maintain Your Family's
Oral Health Throughout Life**



**Adopt a healthy lifestyle towards a harmonious
and healthy family**

GOOD ORAL HEALTH IS ESSENTIAL FOR QUALITY OF LIFE

A set of functional teeth is important for:

- Eating and chewing to maintain good health.
- Clarity of speech.
- A beautiful smile which enhances self-esteem.



Tooth development begins early in pregnancy.

- Parents should be aware that tooth development begins as early as the sixth week of pregnancy.
- A balanced diet is vital for the health of the mother and proper development of teeth and bones for the baby.
- Long-term usage of antibiotics like tetracycline during pregnancy may cause discolouration of your child's teeth.



Most common dental problems can be prevented by good oral health.

- Common dental problems include:



Dental caries
(tooth decay)

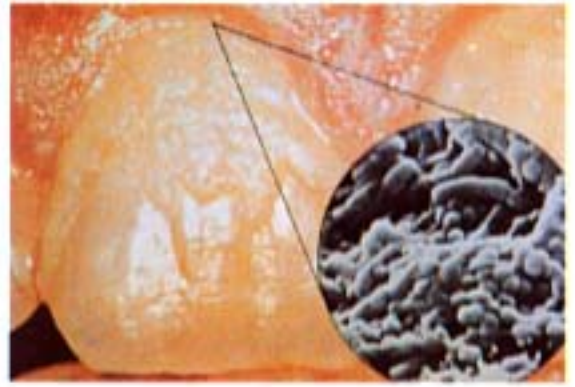


Periodontal disease
(gum disease)



Malocclusion
(crooked/malaligned teeth)

- The cause of caries and gum disease is plaque. Plaque is an invisible, adherent film which forms continuously on the surfaces of teeth. It consists of bacteria, salivary products, proteins and sugars.



Dental Plaque

You are responsible for your oral health

1. Maintain good oral hygiene from birth.



Cleaning baby's mouth



Mother helping her child below 6 years old to brush teeth



Child above 6 years old brushing his teeth



An adult brushing his teeth effectively

2. Reduce daily sugar intake.

Sugar is a major cause of caries!

- Reduce the quantity and frequency of sugar consumption.



Examples of food with high sugar content.

- Beware of **hidden sugars** in processed foods and drinks.



3. Go for regular dental check-ups.

Regular dental check-ups at annual intervals ensure your family's oral health is maintained.

It is necessary for:

- Dental health advice and counseling.
- Early detection and management of dental problems.
- Fissure sealant and topical fluoride applications to prevent caries.

