



# love your teeth

## Dental Health Week



### 5 ways to love your teeth!

This year for Dental Health Week (1-7 August), the Australian Dental Association is asking Aussies to love their teeth! Here are five ways you can do this.

#### 1) Take your teeth on a date to the dentist

You may not have been for a little while or it may be time for your regular check-up, take this as your reminder to take your teeth on a date and see your dentist! Your teeth will thank you.

#### 2) Care for your teeth by brushing every day

Show your teeth you care by brushing two times every day. Brush once in the morning and once at night. At night, brushing is best done last thing before bed and no food or drinks to be had after.

#### 3) Spoil your teeth by cleaning between them every day

Cleaning between your teeth helps to remove bacteria and food that build up during the day. Not cleaning these spaces can cause gums to become inflamed and sometimes tooth decay can develop.

#### 4) Treat your teeth to healthy foods and drinks

The World Health Organization recommends adults have 6 or less teaspoons (24 grams) of sugar each day. Sticking to this recommendation can decrease the risk of tooth decay developing. Choose to drink water during the day and if having a sweet treat, do so together with a main meal instead of snacking on the treat between meals.

#### 5) Show your teeth love by using them for their intended purpose

Teeth are made to chew and smile. They are not made for opening bottles, or packets. These habits can increase the risk of breaking or cracking teeth. Love your teeth by only using them for their intended purpose.

For more information and tips on caring for your teeth and mouth, check out the Australian Dental Association's website [Teeth.org.au](http://Teeth.org.au). This website is a one-stop-shop for Aussies to find up-to-date and easy-to-understand information on oral health.