



**SADA**  
THE SOUTH AFRICAN  
DENTAL ASSOCIATION

# **PRESS RELEASE**

**TITLE:**

**SEPTEMBER IS NATIONAL ORAL HEALTH MONTH IN SA**

**STATEMENT:**

**The South African Dental Association supports and participates in celebrating National Oral Health Month in SA during the month of September 2022**

**GAUTENG – 6 September 2022**

In continuing with the 2022 WOHD theme of the FDI “Be Proud of your Mouth” Sada wishes to encourage members of the communities to look after their oral health and be proud of their mouth. While we encourage daily good oral hygiene practices and regular dental visits, we use months like oral health month to amplify this message and to go out to communities to raise awareness about the importance of good oral health.

September is national Oral Health Month and we consider it as a time to pay extra attention to your dental routine, particularly as two of the world's most common health problems affect the mouth namely cavities (dental caries) and gum disease.

In terms of incidence, gum disease (Gingivitis and Periodontitis) ranks second to the common cold in, and it is estimated that 90% of South Africans will experience this problem at some point.

It really is in patients' best interest to practice good oral hygiene. Not only does it ensure a beautiful smile, but it is good for overall health. There has been research done which has linked gum disease to coronary heart disease, adverse pregnancy outcomes and diabetes to mention a few. And new research also shows that women with gum disease find it harder to conceive. By using prevention strategies, the high cost of dental treatments can be avoided.

**Prevention strategies**

- Regular dental visits (at least every six months)
- Brushing twice a day
- Flossing at least once a day
- Fluoride rinse
- Healthy nutrition
- Reduction or elimination on sugar consumption
- Cessation of tobacco use
- Limiting the consumption of alcohol
- Replace toothbrush every three or four months, or sooner if the bristles are frayed. A worn toothbrush will not clean teeth adequately.

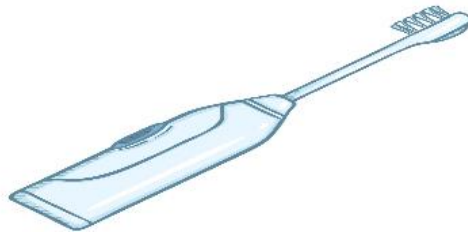
## Objectives of Toothbrushing

- To clean teeth including in the spaces between them, even though it may be difficult to reach the interproximal spaces with a toothbrush, floss or interdental brushes can be used.
- To prevent plaque formation.
- To disturb and remove plaque.
- To stimulate and massage gingival tissue
- To clean the tongue

## Types of toothbrushes



**Manual toothbrush**



**Powered toothbrush**

## Toothbrushing Technique

- Place your toothbrush at an angle to the gums.
- Gently move the brush in a circular motion.
- Brush the outer surfaces, the inner surfaces, and the biting surfaces of the teeth.
- To clean the inside surfaces of the front teeth, tilt the brush vertically and make several up-and-down strokes.
- Ensure that you also brush the tongue in a sweeping motion (From the back the back to the front of the mouth)

As the South African Dental Association, we would like to encourage members of the public to schedule their appointments with the nearest dentist and if you are struggling to find one, please visit our website on "FIND A DENTIST" [www.sada.co.za](http://www.sada.co.za)

**Ends**

**Release date: 6<sup>th</sup> September 2022**

**About SADA:**

The South African Dental Association (SADA) is the peak national body for the dental profession in South Africa representing the large majority of active registered dentists, both in the public and private sectors in South Africa. It is a non-profit professional association with voluntary membership organisation represented by a total of 11 branches, one in every province of the Republic of South Africa, with Gauteng and Eastern Cape provinces having two branches each. The Association represents the interests of both the oral health profession and its members in South Africa.

The Association is committed and engaged in processes relating to setting industry standards and formulating policies. Learn more about SADA at <https://www.sada.co.za>

**Website:** [www.sada.co.za](http://www.sada.co.za)

**Facebook Page (Public):** <https://www.facebook.com/sadentalassoc/>

**Facebook Page (Professional):** <https://www.facebook.com/groups/sadentalassociation/>

**Facebook – (YDC):** <https://www.facebook.com/youngdentistscouncil/>

**Instagram (Public):** <https://www.instagram.com/southafricandentalassociation/>

**Twitter (Public):** <https://twitter.com/SADentalAssoc>

**YouTube (Public):** <http://www.youtube.com/c/SouthAfricanDentalAssociation>

**LinkedIn (Public):** <https://www.linkedin.com/company/17952246>

**TikTok:** <https://www.tiktok.com/@sadentalassociation>

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