World Oral Health Day

World Oral Health Day (WOHD) is celebrated each year on 20 March. It is the culmination of a year-long campaign dedicated to raising global awareness on the prevention and control of oral disease. WOHD spreads messages about good oral hygiene practices to adults and children alike and demonstrates the importance of optimal oral health in maintaining general health and well-being.

Oral health is essential to general health and quality of life. It is a state of being free from mouth and facial pain, oral and throat cancer, oral infection and sores, periodontal (gum) disease, tooth decay, tooth loss, and other diseases.

5 Steps to a Healthy Mouth

1. Keep mouth clean

- Use a soft-bristle toothbrush and fluoride toothpaste.
- Wait at least 20-30 minutes after eating before brushing your teet
- Eat a well-balanced diet.
- Limit foods and beverages containing sugar or carbohydrates.
- Brush your teeth twice a day

2. Check mouth regularly

Look for signs of gum disease:

- Red, shiny, puffy, sore or sensitive gums
- Bleeding when you brush or floss
- Bad breath that won't go away

Look for signs of oral cancer:

- Bleeding or open sores that don't heal
- White or red patches
- Numbness or tingling
- Small lumps and thickening on the sides or bottom of tongue, the floor or roof of mouth, the inside of cheeks, or on gums

3. Eat well

- Good nutrition helps build strong teeth and gums.
- Munch on mouth healthy snacks like cheeses, nuts, vegetables, and non-acidic fruits.

4. See your dentist regularly

- Regular dental exams and professional cleanings are the best way to prevent and detect problems before they get worse.

5. Don't smoke or chew tobacco

- Smoking and chewing tobacco can cause oral cancer, heart disease, gum disease, and a variety of other cancers.

Reference-Micromedex Solutions