

WORLD ORAL HEALTH DAY

Think MOUTH & Learn about LOW CALORIE SWEETENERS

ORAL DISEASES AFFECT 3.9 BILLION PEOPLE WORLDWIDE, WITH UNTREATED TOOTH DECAY IMPACTING ALMOST 1/2 OF THE WORLD'S POPULATION



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PREVENTION, EARLY DETECTION AND TREATMENT ARE KEY



ACT NOW!

TO REDUCE ORAL DISEASE RISK AND ASSOCIATED HEALTH COMPLICATIONS...

1.



MAINTAIN GOOD ORAL HYGIENE HABITS SUCH AS REGULAR TOOTH BRUSHING!

2.



FOLLOW AN OVERALL HEALTHY DIET! LOW CALORIE SWEETENERS CAN FIT IN WELL WITH A TOOTH-FRIENDLY DIET.

3.



GET RID OF UNHEALTHY LIFESTYLE HABITS SUCH AS SMOKING AND HIGH ALCOHOL CONSUMPTION.

4.



DO NOT MISS YOUR REGULAR DENTAL CHECK-UP!

WHY ARE LOW CALORIE SWEETENERS TOOTH-FRIENDLY INGREDIENTS?



UNLIKE CARBOHYDRATES, LOW CALORIE SWEETENERS ARE NOT BROKEN DOWN BY ORAL BACTERIA AND THUS ARE NOT CARIOGENIC AND DO NOT CAUSE TOOTH DECAY.

DENTAL CARIES (OR COMMONLY TOOTH DECAY) =

the outcome of the demineralisation of tooth enamel by acid in the mouth. Acid is produced by oral bacteria that metabolises sugars and other carbohydrates that we ingest with foods and drinks. Therefore, overconsumption of sugar has been associated with tooth decay.



THINK MOUTH
THINK ORAL HYGIENE PRACTICE
THINK REGULAR DENTAL CHECK-UPS
THINK LIFESTYLE HABITS
THINK DIETARY CHOICES
THINK HEALTH

The International Sweeteners Association (ISA) supports **World Oral Health Day (WOHD) on 20 March**

#SayAhh #WOHD18 #ISA4WOHD18



sweeteners.org