



## **DEPARTMENT OF PUBLIC HEALTH DENTISTRY**

### **DENTAL HYGIENE MONTH – OCTOBER 2017**

#### **Venue Chettinad Sarvalokaa Education**

On the occasion of dental hygiene month on October, we realized that the need of the moment is to promote dental hygiene among the future generation. The children are the one with the power to alter the development of their daily habits and to inculcate advanced oral hygiene measures in them at a young age could significantly benefit their overall status.

The theme of dental hygiene month this year was

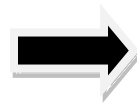
1. Brush
2. Floss
3. Rinse
4. Chew

A presentation on the right method of brushing and flossing was given to them and demonstrated on a model. The children were then asked to reproduce what was taught. The importance of mouth rinsing was also stressed upon. The development of healthy eating practices, the avoidance of junk foods and the ill effects of acidic, soft drinks was explained to them which were the needs of the hour considering the fact that they were all from very well off families.





HEALTH EDUCATION ABOUT PROPER METHODS OF TOOTH BRUSHING AND DEMO USING A TYPHO TOOTH MODEL WAS GIVEN TO THE SCHOOL CHILDREN..



TOOTH DIARY CONTAINING A  
ORAL HYGIENE PLANNER WAS  
DISTRIBUTED TO THE CHILDRENS  
ON THE OCCASION OF NATIONAL  
DENTAL HYGIENE MONTH



TAKE HOME MESSAGE



- DON'T RUSH WHEN YOU **BRUSH!**
- REMEMBER THE RULE OF TWO!  
BRUSH FOR TWO MINUTES  
BRUSH TWO TIMES A DAY!
- BE A BOSS AND USE THE **FLOSS!**
- **RINSE** LIKE A BEAUTIFUL PRINCE!
- **CHEW CHEW CHEW!**  
HEALTHY HEALTHY FOOD!  
IF YOU DO IT TOO  
YOUR HEALTH WILL BE GOOD!
- FILL UP YOUR PITS, KEEP YOUR TEETH FIT!