

5 August 2024

You know the drill... Look after your dental health!

**Dental Health Week
5-11 August 2024
#dentalhealthweek**

With Dental Health Week 2024 underway, the Rural Doctors Association of Australia (RDAA) is urging rural and remote Australians to focus on their dental and oral health, warning that poor dental hygiene can cause cavities and gum disease, and contribute to serious conditions like cardiovascular disease, Type 2 Diabetes, inflammatory bowel conditions and even Alzheimer's Disease.*

RDAA has emphasised that as well as brushing and flossing regularly, you should see your dentist at least once a year for a check-up and preventative care of your teeth and gums, and a check of your mouth for any oral cancers that may be developing.

"Cleaning your teeth isn't just about removing coffee stains and freshening your breath" **RDAA President, Dr RT Lewandowski, said.**

"It is about protecting your teeth from damaging plaque and decay, and protecting your gums (an important structure for keeping your teeth in place) from conditions like periodontitis.

"Please remember that healthy gums don't bleed – so take the time to see your dentist if this is happening to you.

"An Australian Dental Association (ADA) survey of 25,000 people found that just over half (53%) think that looking after their teeth is more important than looking after their gums – but it is critical you focus on both these areas of your dental and oral care.**

"Additionally, 74% of those surveyed said they rarely or never floss.

"Brushing your teeth only cleans about 60% of your tooth surfaces, so to not floss your teeth daily means you are leaving food, plaque and bacteria between your teeth, where it can contribute to decay and gum disease.

"The ADA recommends brushing twice a day with a small amount of fluoridated toothpaste, flossing daily, eating a diet low in sugar and seeing your dentist regularly for check-ups.

"Your dental and oral health is too important to ignore – so please ensure you are giving your teeth and gums the care and attention they deserve!"



* <https://ada.org.au/dental-health-week-the-connection-between-oral-and-general-health>

** <https://ada.org.au/dental-health-week-2024-1-bleeding-gums-are-a-red-flag>

[Photo of Dr RT Lewandowski](#)

Interviews are available with:

Dr RT Lewandowski (RDAA President)
Ms Peta Rutherford (RDAA CEO)

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