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Watch Your Mouth this Dental Health Week 6-12 August 2018

This Dental Health Week (DHW) (6 – 12 August), the Australian Dental Association (ADA) is reminding everyone to ‘watch your mouth’ due to the latest national survey conducted by the ADA showing that Australians are not prioritising their oral health.*

Earlier this year, the ADA launched Australia’s Oral Health Tracker which responded to data showing half of Australians (52%) are only brushing once a day instead of the recommended twice daily and nearly two in five (38%) never floss or clean in between their teeth. Australians also need more regular dental check-ups, with 69% only going to the dentist when they have a problem.

Tooth decay is Australia’s most common disease. One in five adults have untreated tooth decay and one in five also have gum disease, with oral cancer rates also on the rise.**

Dr Hugo Sachs, ADA President said Dental Health Week is an opportunity for people to take a look and learn more about why a healthy mouth is so important.

“Good oral health is vital to good overall health, so watching your mouth will help maintain your general wellbeing. Watching your mouth means: brushing and flossing, eating a healthy diet, lowering our sugar and alcohol intake, stopping smoking and seeing your dentist for regular check-ups. These good habits will greatly reduce the risk of oral disease,” said Dr Sachs.

Matt Sinclair, MasterChef 2016 Runner Up, Restaurateur and Ambassador for Dental Health Week 2018 said, “Quality oral hygiene has always been paramount in my life, it was something we were raised to be very conscious of. Mum would never allow us to go to school or bed without brushing our teeth and our regular dentist check-ups were compulsory. As the Dental Health Week Ambassador, I’m encouraging Australians to watch their mouth and take their oral health seriously.

“Working as a chef, I’m constantly tasting food throughout the day, so I’m more aware of the importance of looking after my mouth. Simple regular oral hygiene habits, seeing a dentist for check-ups and eating good quality fresh food will ensure our mouths and teeth can continue to perform for us.”

Four tips for good oral health:

- Brush twice a day with fluoridated toothpaste
- Clean in between your teeth with floss or interdental brushes
- Eat a healthy diet, limit sugary foods and drinks
- Visit your dentist regularly

*APMI Partners, Australian Dental Health Study, December 2017

** Australian Dental Association and Australian Health Policy Collaboration in Victoria University, Australia’s Oral Health Tracker, March 2018

For more information on the Australian Dental Association or to find a dentist, visit www.ada.org.au/findadentist

For more on Dental Health Week, check out: www.dentalhealthweek.com.au

You can also visit the ADA's Instagram: [@AustralianDentalAssociation](https://www.instagram.com/AustralianDentalAssociation) or Facebook: www.facebook.com/healthyteethaustralia using the hashtag [#watchyourmouth](#) and [#dentalhealthweek](#).

Notes to the Editor:

- The Australian Dental Association (ADA) is the peak national professional body representing Australia's 15,000 registered dentists, as well as dental students
- The ADA is a not-for-profit professional membership organisation that encourages the improvement of the oral and general health of the public and works to advance and promote the ethics, art and science of dentistry

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To arrange an interview with a spokesperson, or for more information on Dental Health Week, please contact:

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