

Maintain and improve good oral health



PLATINUM
HEALTH

Studies have shown that good oral health has been recognised as a means to prevent airway infection in all patients. Especially patients older than 70 years of age.

Poor oral hygiene leads to gum/periodontal disease and is linked with diabetes, HIV, hypertension, obesity and heart disease; which are the risk factors for severe COVID-19 infection.

Ways to maintain and improve good oral health:

- Brush and floss your teeth twice daily.
- Eat health food.
- Avoid sugary foods because it can damage your gums and teeth.
- Ensure that you drink enough water and milk.
- Visit your dentist if you notice any changes such as:
 - Bleeding gums.
 - Loose teeth.
 - Mouth ulcers/sores that do not heal after three weeks.
 - Bad breath.
 - Painful teeth, gums or mouth.

A healthy mouth is essential for a good immune system.

*Keeping members informed
because we care*

