



**PLATINUM  
HEALTH**

**TAKE YOUR ORAL HEALTH  
TO THE NEXT LEVEL!**



September is Oral Health Month, so it's a great time to focus on your oral health. After all, everybody deserves a great smile.

### **What can I do to have healthy, happy teeth**

Good oral hygiene is the key to keeping your teeth and gums healthy. It also leads to improved self-confidence and is a boost to your overall health!

### **Here are some tips for good oral hygiene and how to keep your teeth healthy:**

#### **Brush regularly, but be gentle**

Brushing too hard or using a hard-bristled toothbrush can damage your tooth enamel and gums. That can lead to tooth sensitivity, permanent damage to the protective enamel (protective outer layer of the tooth) on your teeth, and gum erosion.

#### **Floss once a day, at least**

Flossing removes plaque and bacteria in-between your teeth, where a toothbrush is unable to reach. It can also help prevent bad breath by removing debris and food that has become trapped between your teeth.

#### **Regular check-ups**

A dentist can detect potential problems with your oral cavity before they start giving you trouble. Visit your dentist every 6 months to help keep your teeth and gums healthy.

#### **Change your toothbrush every 3 months**

If the bristles on your toothbrush are looking old, they won't remove as much plaque so it's time for a new one!

#### **Drink water after every meal**

This can help to reduce the harmful effects of acidic foodstuff on your teeth.

#### **Make the right food choices**

Eating too many sugary foods puts you at risk for tooth decay (cavities). Tooth decay occurs when bacteria in the mouth produces acids that attack the enamel (protective outer layer of the tooth).



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**Encourage your children to brush their teeth by using our fun brushing charts**

[CLICK HERE](#) to download a tooth fairy brushing chart

[CLICK HERE](#) to download a tooth mouse brushing chart

**Where to find us:**



**Platinum Health  
Medical Facility**

Rustenburg Medical Centre

Brits Medical Centre

Union Hospital

Amandelbult Hospital

Setaria Clinic

Thabazimbi Medical Centre

Burgersfort Medical Centre

Jane Furse Medical Centre



**Physical Address**

Corner of Beyers Naudé Avenue and  
Heystek Street, Rustenburg

Madibeng Mall, Shop no 47, Crocodile  
Street, Corner of Hendrik Verwoerd Drive  
(next to R511), Brits

Hospital Street, Swartklip

1 Hospital Street, Tumela Mine, Chromite

33 Merensky Street, Farm Zondereinde,  
Setaria Village

9 Watsonia Street, Thabazimbi

Shop no UG04 Tubatse Crossing Mall,  
Burgersfort

Shop 12, JPI Business Centre, Stand no  
2008, Vergelegen C Section, Jane Furse  
Village, Sekwati



**Telephone  
Number**

014 590 1700 or  
080 000 6942

012 133 0170  
012 133 0171

010 133 1709

087 463 0056  
087 463 0085

014 784 3214

014 133 0106

087 463 0406  
087 463 0275

087 463 0851

**Visit your local dentist because you deserve a great smile!**

