

YOUR ORAL HEALTH

EAT AND DRINK LESS SUGAR



THEBEMED
MEDICAL AID SCHEME

SUGAR IS NOT YOUR FRIEND

The normal bacteria in your mouth uses sugar and starches in food to form acids.

These acids eat away at the enamel and may damage your teeth.



Stop damage to your teeth:

- **Avoid sugar-filled drinks.**
- **Do not snack on sweets or sugary foods.**
If you do eat sugary foods, limit it to mealtimes.
- **Read food labels so that you are aware of the sugar content.**
- **For children: No more than 30g (6 teaspoons) of total sugar per day.**



Keep your teeth and gums healthy:

- ✓ **Make it a habit to rinse your mouth with water after every meal.**
- ✓ **Remember to brush your teeth for two minutes, every morning and every night.**
- ✓ **Floss every day to clean between your teeth**

Visit your dentist, dental therapist or oral hygienist at least once a year for a check-up and professional cleaning (scale and polish).

If you have the benefit available on your plan and membership, you will have no co-payments for conservative dental treatment at a DENIS Dental Network* practice. Find a Network practice in your area – search on the DENIS website: www.denis.co.za

*Dental accounts for Universal & EDO members are only paid if treatment is done by a DENIS Dental Network provider.

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Dental Benefit Queries? Call 0860 10 49 33


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