

ORAL HEALTH MONTH

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With September being national Oral Health Month in South Africa SADA uses this time as an opportunity to encourage members of the public to pay added attention to their dental routine, particularly as two of the world's most common health problems affect the mouth, namely cavities (dental caries) and gum disease. In continuing with the 2022 World Oral Health Day theme formed by the World Dental Federation "Be Proud of your Mouth" SADA wishes to encourage members of the communities to look after their oral health and be proud of their mouth.

It is reported that in terms of incidence, gum disease (so Gingivitis and Periodontitis) ranks second to the common cold, and it is estimated that 90% of South Africans will experience this problem at some point.

It really is in patients' best interest to practice good oral hygiene. Not only does it ensure a beautiful smile, but it is good for overall health. It is for this reason that we encourage oral health practitioners to take advantage of such months to showcase the importance of good oral health, to their patients and potential patients (society).

In commemorating oral health month SADA embarked on a several activities that were intended to educate members of the public, which included: broadcast interviews, educational social media posts, print media statements, school outreach programs and more.

The radio interviews were on the following radio channels;

- 13 Sept - Clicks Radio / Dr Kiasha Ariyan (YDC president)
- 14 Sept - Clicks Radio / Dr Nthabiseng Metsing
- 21 Sept - Good Hope FM / Dr Esme Sithole (YDC secretary)
- 25 Sept - Lotus Radio / Dr Robyn Kearney (YDC vice president)
- 04 Oct - Power FM / Dr Nthabiseng Metsing

The social media posts featured the YDC committee members who recorded short videos for airing, addressing various oral health matters aimed at the members of the public. These were aired on the SADA Facebook page and are also available on the SADA YouTube channel.

Print media statements included a release on 6 September 2022 in which the significance of National Oral Health Month in SA was emphasized. On 14 September 2022 SADA Pretoria branch embarked on an outreach program. Where Dr William D Kearney, President of the Pretoria Branch of SADA, and Dr Robyn Kearney, Vice President of the SADA Young Dentist Council (YDC), took time to perform dental procedures on special needs children and adults.

Woodside Sanctuary were immensely grateful for the assistance together with the team from Centurion Day Hospital for the incredible assistance provided to three of our intellectually incapacitated residents who have experienced dental issues for some time.

