



Oral Health Tips For Every Season

2021

Based on DentaVox Surveys
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SPRING

A vibrant, stylized illustration of a spring scene. In the foreground, a person with orange hair wearing a red long-sleeved shirt and brown pants is riding a white bicycle with red wheels on a path. In the background, another person in a red shirt and white pants is playing with a large red ball on a grassy field. The scene is filled with green trees and bushes under a light orange sky with white clouds.

Spring into better oral health

22% of people rate outdoor sports as the physical activity with the most positive effect on oral health.



Experts' advice

Spring is a great time to get more exercise and boost your oral health by managing stress and reducing BMI linked to risk of periodontal disease.

Source: Oral Health & Sports | DentaVox
Base: 634 respondents | 23/01 - 03/11/2020

SUMMER



Enjoy tooth-friendly refreshments

30% of people admit their oral health suffers because they consume more sweetened food and drinks during the summer.



Experts' advice

Replace sweet treats and beverages with fruits and juices mixed with no added sugar to keep tooth decay and gum disease away.

Source: [What Are Your Summer Habits?](#) | DentaVox
Base: 1338 respondents | 07/07 - 02/11/2020

AUTUMN



Keep your oral health in check

47% of respondents recognize dental checkups and teeth cleanings as the most important component of oral care prevention.



Experts' advice

Getting back to the normal pace of life after the vacation months is a perfect time to plan a visit to the dentist.

Source: Prevention Of Oral Diseases | DentaVox
Base: 1004 respondents | 26/11 - 02/11/2020

WINTER



Protect your healthy smile during the holidays

44% of people pinpoint challenges of eating healthy as the most negative effect of the holidays on oral health.



Experts' advice

Drink plenty of water during and in-between holiday meals to wash away sugar from your mouth. Staying hydrated will also keep your cravings away.

Source: [Oral Care During The Holidays | DentaVox](#)
Base: 843 respondents, 24/12/2019 - 02/11/2020.