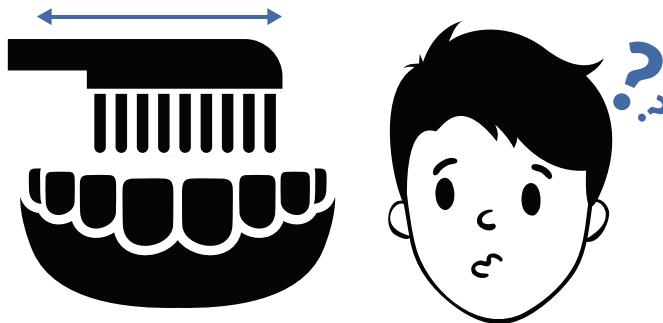


YOUR ORAL HEALTH GUIDE

2020



Based on DentaVox Surveys
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What's the right way to brush teeth?

47% of respondents believe it is with short back-and-forth movements.



Expert advice

Start from the gum and use circular, up-and-down motions instead of horizontal movements.

Source: DentaVox Surveys
Base: 652 respondents, 16/09-04/11/19

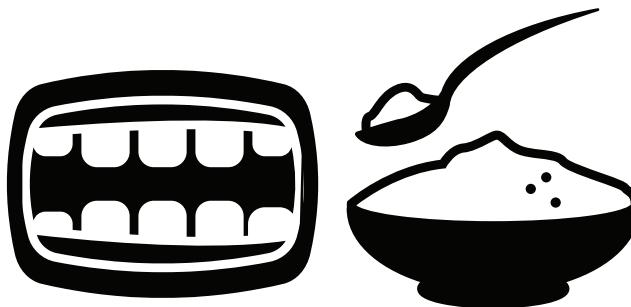
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Is it safe to use teeth whitening home remedies?

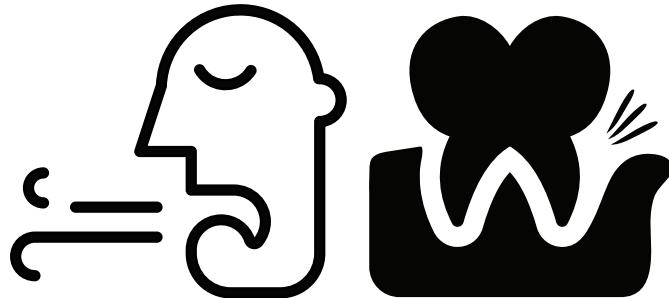
44%

believe Sodium hydrogen carbonate
(baking soda) is a harmless teeth whitening solution.

Expert advice



Be aware that baking soda is highly abrasive and can damage your tooth enamel.



Can you get help from your dentist for bad breath?

Just **2%** of respondents with bad breath consulted a healthcare provider.



Expert advice

Persistent bad breath may be a warning sign of gum disease. Consult a dentist to examine and help you.

Source: DentaVox Surveys
Base: 789 respondents, 09/05-31/10/2019

MARCH

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How long should you brush your teeth?

44%

of respondents think that toothbrushing should take 3 min.

Expert advice



Don't rush, spend at least 2 full minutes, twice a day, to clean your teeth properly.



How often should you go for a check-up?

85% of respondents claim they regularly visit their dentist for check-ups.



Dental check-ups twice a year guarantee proper prevention of dental diseases.

Expert advice

Source: DentaVox Surveys
Base: 545 respondents, 22/07 - 01/10/19

MAY

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JUNE

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How to maintain a balanced diet for good oral health?

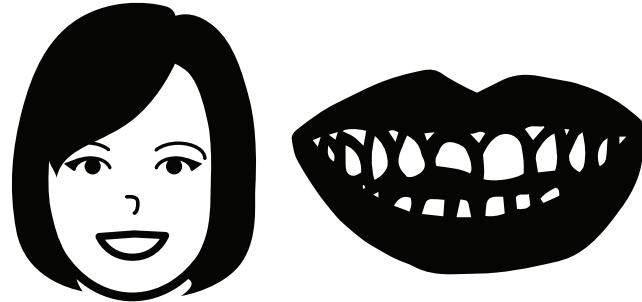
40%

say busy schedule prevents them from keeping healthy eating habits.

Expert advice



Plan your meals in advance and limit snacks. Avoid sugary and high-acid foods and drinks.



How important is oral health for self-esteem?

85% of people admit worrying about their teeth when smiling affects their self-esteem.



Expert advice

Don't wait for problems to arise.
Maintain proper oral hygiene and visit your dentist regularly.

Source: DentaVox Surveys
Base: 289 respondents, 30/10-01/11/2019

JULY

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How often should kids go to the dentist?

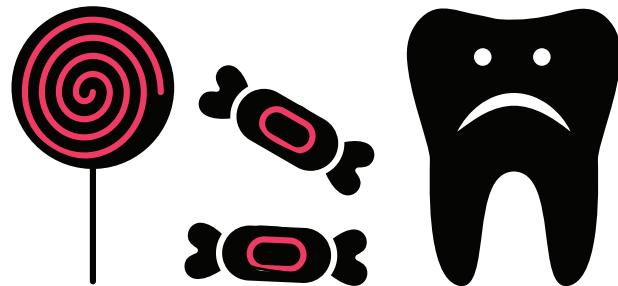
71%

of parents say their child visits the dentist twice a year.

Expert advice

First dental visit should be by the age of one. Kids with high tooth decay risk may need check-ups more than twice a year.





Treat or trouble?

58%

of parents admit their children eat sweets several times per week.



Replace candy snacks with a piece of fruit or healthy homemade alternatives.

Expert advice

Source: DentaVox Surveys
Base: 745 respondents, 11/02 - 04/11/19

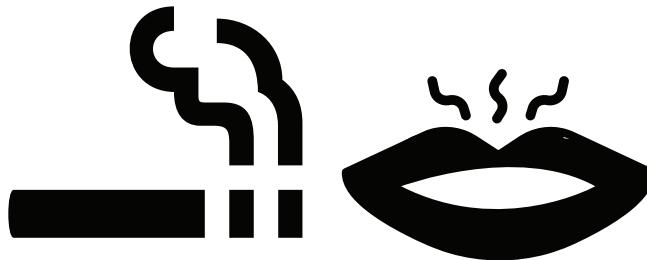
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 DENTACOIN

OCTOBER

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Is bad breath related to smoking?

81%

of smokers experience bad breath.



Expert advice

Avoid tobacco to prevent oral health issues such as bad breath, discolouration, plaque buildup, gum disease.



How to improve your oral hygiene?

73%

of respondents admit their typical oral care routine is different than the ideal.



Expert advice

**Developing a habit takes time.
Start your 90-day journey towards better oral hygiene with Dentacare mobile app!**

Source: DentaVox Surveys
Base: 601 respondents, 16/09 - 01/11/2019

NOVEMBER

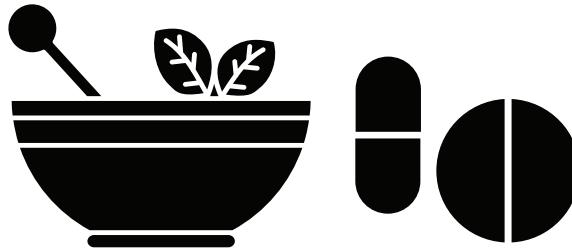
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 **DENTACOIN**

DECEMBER

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Is dental self-treatment safe?

46%

of respondents, who have tried dental self-treatment, have experienced complications.



Exper advice

Be cautious with trusting friendly recommendations or own experience. Visit a professional to avoid further problems.

Source: DentaVox Surveys
Base: 304 respondents, 20/08 - 09/12/19