

WORLD ORAL HEALTH DAY

20TH MARCH, 2023



Ignorance and an unclean mouth are the major causes for teeth and mouth diseases.



STEPS TO MAINTAIN ORAL HYGIENE



1. Regular tooth brushing is the easiest and common way to keep the oral cavity clean.



2. Lower consumption of oily and sweet items such as chocolates, toffees, candies, ice creams, cold drinks etc.



3. Examination of teeth and the oral cavity by an experienced dentist every six months.



4. Teaching children about proper tooth care and mouth cleaning from an early age.



5. Consulting a dentist for your toothache. Toothache is an early warning of disease; hence it should not be overlooked.



6. Avoiding harmful items like betel nut, pan masala, cigarette, tobacco, liquor etc. Prevention is better than cure.



7. Including more vitamins (A,B,C,D), mineral salt and calcium-phosphorous rich food like milk, egg, fish, meat, green leafy vegetables and fruits in your diet.

GOVERNMENT HEALTH CENTRES WITH ORAL CARE FACILITIES

Baksa
 Dr. Ravi Boro Civil Hospital
Barpeta
 Fakhruddin Ali Ahmed Medical College & Hospital
Bongaigaon
 Bongaigaon Civil Hospital
Cachar
 S. M. Dev Civil Hospital
Darrang
 Mangaldai Civil Hospital
Dhemaji
 Dhemaji Civil Hospital
Dibrugarh
 Assam Medical College & Hospital

Dhubri
 Dhubri Medical College & Hospital
Dima Hasao
 Haflong Civil Hospital
Goalpara
 Goalpara Civil Hospital
Golaghat
 S.K.K. Civil Hospital
Hailakandi
 S.K. Roy Civil Hospital
Jorhat
 Jorhat Medical College & Hospital
Kamrup Metro
 District Hospital, Sonapur

Kamrup Rural
 Tolaram Bafna Civil Hospital
Karbi Anglong
 Diphu Medical College & Hospital
Karimganj
 Karimganj Civil Hospital
Kokrajhar
 R.N.B. Civil Hospital
Lakhimpur
 Lakhimpur Medical College & Hospital
Nalbari
 Nalbari Medical College & Hospital
Nagaon
 Bhugswari Phukononi Civil Hospital

Morigaon
 Morigaon Civil Hospital
Sivasagar
 Sivasagar Civil Hospital
Sonitpur
 Kanaklata Civil Hospital
Tinsukia
 Tinsukia Civil Hospital
Udalguri
 Udalguri Civil Hospital