

Oral Health Myths

Your teeth are the gateway to your health



Myth



Fact



Only sweet foods can cause cavities



Sweet foods and also starchy foods like potato chips can lead to cavities



Oral health is not connected to overall well-being



Mouth is a gateway to the body. Conditions like diabetes and cardiovascular disease can be impacted by poor oral hygiene

Myth



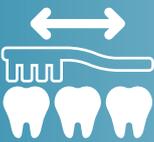
Fact



Harder toothbrushes clean better



Hard toothbrush can damage the tooth enamel, instead of cleaning the teeth better



Brushing harder cleans better



Applying more pressure while brushing can harm the gum (Gingiva) and tooth enamel instead of cleaning teeth better



No need to floss if you brush correctly



Flossing cleans in between teeth, while brushing cleans surfaces of the teeth



Baby teeth don't need to be cared for because they'll fall out



Baby teeth need to be cared for as they affect the health and position of permanent teeth



Only see a dentist when you have toothache



Regular dental visits are essential every 6 months



Household products like baking soda and lemon juice can whiten teeth.



Using baking soda and lemon can wear away tooth enamel. Teeth whitening should be done under dental supervision



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