Oral H Hygiene Day

SPIK

1st AUGUST 2024

SOCIETY OF
PERIODONTISTS
& IMPLANTOLOGISTS OF KERALA
(SPIK)



"Healthier gums, and stronger teeth"

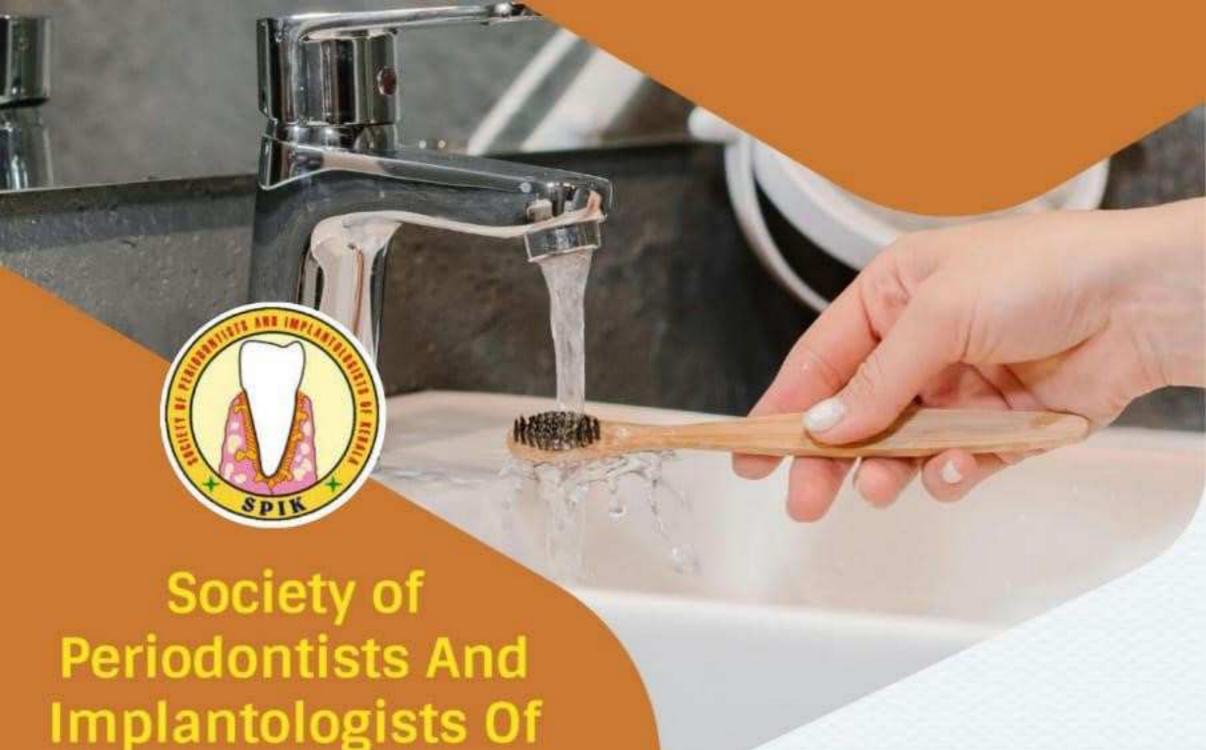
MAHE INSTITUTE OF DENTAL SCIENCES
AND HOSPITAL, MAHE



PROGRAMS ORGANIZED

- Oral health Awareness program
 - EXCEL PUBLIC SCHOOL, MAHE
 - MINDS,MAHE
 - KANNUR CENTRAL JAIL, KANNUR





ORAL HYGIENE DAY AUGUST 1ST 2024

Kerala (SPIK)



A Happy Mouth Is a Happy Body



Brush twice a day for two minutes, using a soft-bristled toothbrush and fluoride toothpaste.



Floss daily to remove plaque and food particles from between your teeth.



Schedule regular dental checkups and cleanings to maintain optimal oral health.