

Keep on smiling



Keep on smiling with National Smile Month - Happy 40th Birthday!

The nations annual reminder about the true value of oral health

16th May to 16th June 2016

This year National Smile Month takes place between 16th May and 16th June. It's a great opportunity to learn more about our oral health and find out just why it is so important to our overall wellbeing.

National Smile Month turns 40 this year - the UK's largest and longest running oral health campaign.

There are three key messages:

- Brush your teeth for two minutes twice a day with a fluoride toothpaste
- Cut down on how often you have sugary foods and drinks
- Visit your dentist regularly, as often as they recommend



To find out more about National Smile Month, visit www.smilemonth.org



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myteeth

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Denplan

At the heart of dental care

Denplan Limited, Denplan Court, Victoria Road, Winchester, SO23 7RG, UK.
Tel: +44 (0) 1962 828 000. Fax: +44 (0) 1962 840 846.

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