

# General Health Posters



**You deserve the whole tooth and nothing but the tooth!**

Recent medical research has shown that brushing your teeth twice a day prevents gum disease, which causes at least one-third of all tooth loss. Freshen up by brushing regularly with the toothpaste. Good oral care for your teeth has been associated with heart disease and decreased life expectancy.

Periodontal (gum) diseases, including gingivitis (red, swollen, and bleeding gums) and periodontitis (deep infection that can lead to tooth loss), are linked to heart disease. In fact, periodontitis is bacterial plaque, or tartar, that builds up on the sides of your teeth.

It has been established that inflammation in the body increases the risk of cardiovascular disease. In fact, gum disease is a condition that can affect your heart because of the release of a substance of early infection from the inflamed gum tissue.

Scientists have discovered a link between gum disease, which is closely linked to poor oral hygiene, and periodontal disease in men. They found that men with a history of gum disease are 25% more likely to die from heart disease. Researchers have found that people with gum disease are 25% more likely to die from heart disease.

Good oral hygiene consists of brushing your teeth twice a day with toothpaste, using a flossing device, and rinsing your mouth with mouthwash. Creating healthy gum disease is the most important step in preventing gum disease. Good oral hygiene is a key to a healthy heart.

**Brush twice a day with toothpaste and floss daily.**

**BRUSHING YOUR TEETH**

P008 - Oral Health

**Wash your hands and avoid getting sick**

**The dangers of not washing your hands**

Handwashing is the most effective way to prevent the spread of germs. It can prevent the spread of many common illnesses, such as the flu, colds, and stomach bugs. It can also help prevent the spread of more serious diseases, such as pneumonia and food poisoning.

Research shows that handwashing with soap and water can reduce the number of germs on your hands by up to 90%. It can also help prevent the spread of germs to other people.

**Proper hand washing with soap and water**

1. Wet your hands with clean, running water (warm or cold), turn on the faucet, and apply soap.
2. Rub your hands together to create a lather. Rub your palms together, the backs of your hands, the fronts of your hands, and between your fingers.
3. Avoid touching your face, eyes, nose, or mouth.
4. Rinse your hands well with clean, running water.
5. Dry your hands with a clean towel or air dryer.

**When should you wash your hands?**

- After using the toilet
- After touching a pet
- After coughing or sneezing
- After touching a surface that someone else has touched
- After touching a surface that you have touched
- After touching a surface that you have touched
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**EXERCISE**

P013 - Importance of Hand Washing

**1 in 4 South African women will have some form of heart condition before the age of 60**



**Heart disease is the leading cause of death in South Africa. It is a preventable disease. You can reduce your risk of heart disease by eating a healthy diet, exercising regularly, and not smoking.**

**HEALTHY LIVING**

P017 - Women and Heart Disease

**WORK-LIFE BALANCE**

*Develop a mindset to create a balance between work and home life.*



**You have three vital areas to concentrate on: Personal, Family and Work. These areas include all different levels of your lifestyle and well-being.**

- PERSONAL**
  - Develop personal goals and interests
  - Spend quality time with children, parents and family
  - Create quality time with friends
- PROFESSIONAL**
  - Continue professional development
  - Evaluate your goals to ensure job satisfaction

*People should concentrate primarily on their own significant activities in all areas of their lives.*

P022 - Work - Life Balance

**All men should invest in their health by learning how to detect men's cancers early**



**Prostate cancer**


- It is the most common cancer among men in South Africa.
- It is a slow-growing cancer that can often be treated successfully.
- It is a preventable disease.
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P023 - Men's Health

**At present mental health is rated as the third highest contributor to South Africa's disease burden...**



**Mental health problems can affect anyone at any time. It is plain crazy not to seek help.**

**REPLELLUTION**

P024 - Mental Health