



UNIVERSITY HEALTH CLINIC HEALTH ADVISORY

HOW TO PREVENT ORAL DISEASES



Brush your teeth with
fluoride toothpaste
two times a day



Eat a healthy diet
high in fruits and
vegetables



Limit free
sugars intake



Do not use tobacco,
areca nut or betel quid



Avoid alcohol
consumption

Most oral diseases are preventable.

Visit your Dentist Regularly

#UHCares

Source: WORLD HEALTH
ORGANIZATION ADVISORY

Trunkline: (046) 481-1900

- ★ UHC WEST CLINIC (DMH 114) loc no. 3039
Mon- Thurs 7:00 am - 6:00 pm; Fri 7:00 am - 5:00 pm; Sat 8:00 am - 5:00 pm
- ★ UHC EAST CLINIC (JPH 108) loc no. 3100
Mon - Fri 8:00 am - 5:30 pm
- ★ HS CLINIC loc no. 3354
Mon - Fri 7:00 am - 7:00 pm; Sat 8:00 am - 5:00 pm
- ★ UHC ULS CLINIC loc no. 3182
Mon- Thurs 7:00 am - 6:00 pm; Fri 7:00 am - 5:00 pm



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