



# UNIVERSITY HEALTH CLINIC HEALTH ADVISORY

## HOW TO PREVENT ORAL DISEASES



Brush your teeth with  
flouride 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) 416 4531

- ★ UHC WEST (GMH 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 (JFH 108) loc no: 3100  
Mon - Thurs 10:00 am - 8:00 pm; Fri 11:00 am - 8:00 pm
- ★ UHC HS CLINIC loc no: 3304  
Mon - Fri 7:00 am - 7:00 pm



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