



Help make a difference this Dental Health Week by raising money for the Australian Dental Health Foundation (ADHF). The ADHF are a national charity that coordinates the delivery of free dental treatment to disadvantaged Australians.

Hamilton Dentists has pledged to quit sugar for the month of August this year, in our effort to raise awareness as well as funds for the ADHF.

Any online donations of \$2 or more are tax deductible and will instantly get a receipt from GiveNow.

If you would like to support our cause, please donate by clicking on the link below.



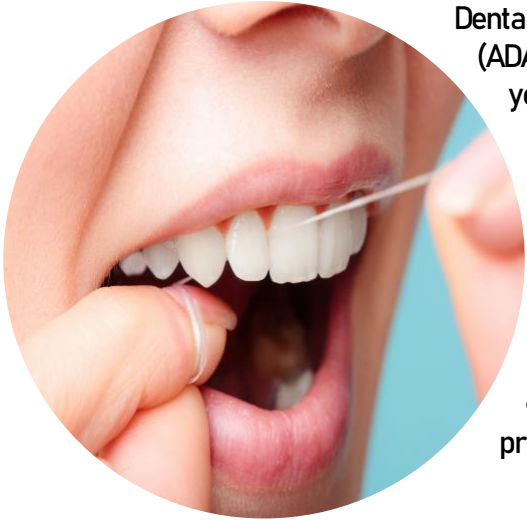
www.givenow.com.au/cr/hamiltontdentistspromotingdentistryforall

See an example of the amazing work by ADHF below.

Mohamud, age 36 from Melbourne, was referred to the ADHF by a social justice organisation working to prevent and alleviate poverty across Australia. He explained that his life was going downhill after he was diagnosed firstly with Type 1 diabetes, and then hypertension and kidney disease, and eventually also depression. He couldn't smile as his front teeth were uneven and in danger of falling out, impacting on his ability to eat. He dropped out of his engineering studies and found himself on the verge of becoming homeless.

When Mohamud arrived for his appointment with one of our volunteers, he thought he was coming for a routine dental check-up. "What I got in return far exceeded my expectations and can only be

classified as life- changing. The dentist was incredible. Not only has she taken great care of my dental health whilst taking into consideration my health issues, she's a lovely person to speak to at every appointment with a bubbly attitude and the staff match that. Humanity still exists."



Dental Health Week (DHW) is the Australian Dental Association's (ADA) major annual oral health campaign. It takes place each year in the first full week of August. In 2022 the campaign aims to share the following messages-

- Brush your teeth twice a day with fluoride toothpaste.
- Clean between your teeth daily using floss or interdental brushes.
- Eat a healthy, balanced diet and limit added sugar intake.
- Visit the dentist regularly for check-ups and preventive care.

It should not be a normal to expect that you will need to have some teeth removed because of tooth decay or gum disease. After all, you do not expect to lose an arm or leg, so why expect to lose any of your teeth? Australians should expect to keep their teeth for their lifetime and by following the steps listed above, they can reach this goal.

There are multiple ways to get information about oral health during Dental Health Week. If you have not had a recent visit to the dentist, it is a great time to make an appointment. A visit to your dentist for face-to-face advice is the best way to get your questions answered. If you are looking for information, click through the teeth.org.au website to find trustworthy and up-to-date oral health advice written by dentists from around Australia.