



laoha.org.br/eng
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LAOHA and COHI thank
Colgate-Palmolive for the support

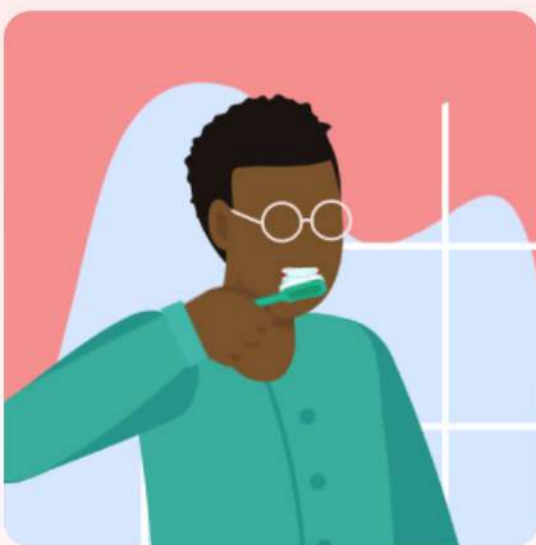


Technical support: Dr Andrés Duque, Dr Elizabeth Lozano, Dr Zilson Malheiros

Visit your doctor and dentist regularly



Healthy habits



Clean your teeth
at least twice a day




Have a healthy diet



Exercise and
drink water

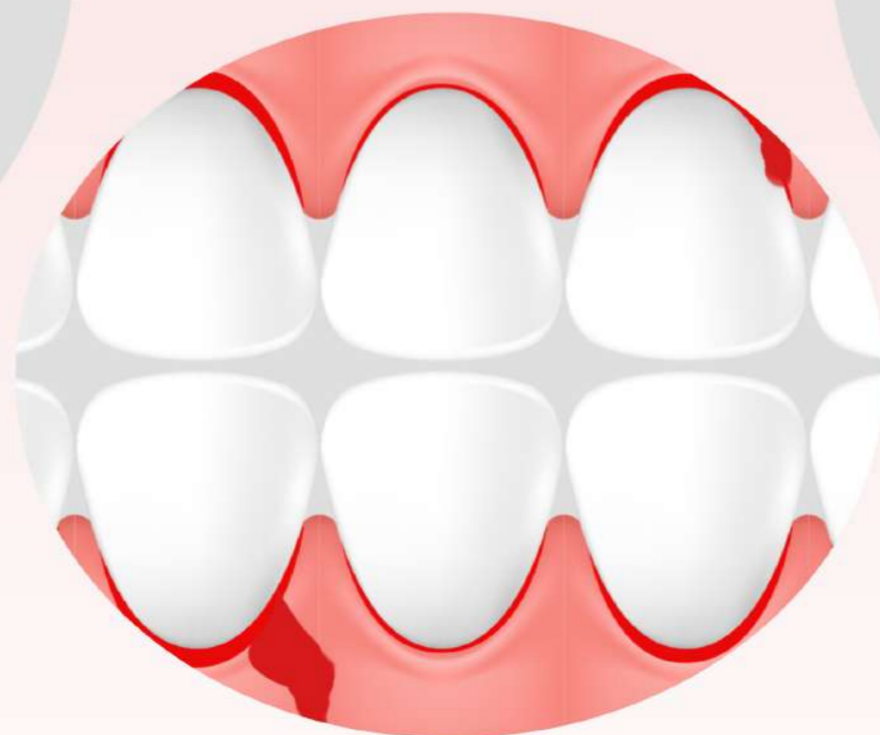


Do not smoke

An illustration of a smiling man with dark skin, short curly hair, and round glasses. He is wearing a blue long-sleeved shirt with a white collar and dark pants. He is standing in a bathroom with a wooden vanity, a sink, and a mirror. A speech bubble is positioned to his right, containing text.

**Now you know.
Take care of your gums:
Healthy mouth,
healthy body.**

**It is related to our well-being
and systemic conditions.
It can even bring several medical
severe complications if there
is no daily care.**



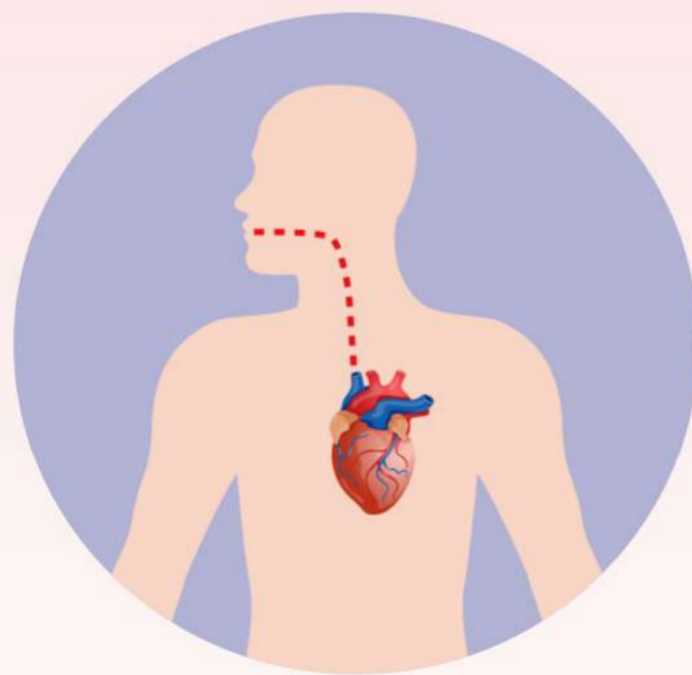
Oral health can affect all dimensions of your well-being:



Socially



In sports performance



It's good for the heart and those who receive your smile and empathy.



Oral health and well-being