

**Speech by the KZN Health MEC Neliswa Nkonyeni upon the occasion of the Oral Health and Dental Hygiene Awareness at Ixopo**

4 August 2007

Program Director

Ubaba wethu; Inkosi Chiliza

Izinduna zeNkosi

Amakhansela

District Manager ---Mrs Gcina Radebe

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Mphakathi wase Madungeni

All protocol observed

Warm greetings in the glorious month dedicated for the women of this country.

At this moment I want us to acknowledge that in the entire world, our country is the only one that has a holiday and a whole month set aside to honour women and their tireless contributions to the well being of mankind.

**MALIBONGWE.**

Siyayibonga iMbokodo eholo lesifunda, Mama Gcina Radebe kanye nethimba lakho ngokuzinikela ekuthuthukiseni le District yase Sisonke ngokwezeMpilo.

Namhlanje sithe asize nathi lapha ukuzoqinisekisa ukuthi ivangeli lezeMpilo liyafinyelela kuwo wonke umuntu. Lapha

sithemba nokuthi uNdabezitha uzosilekelela ngobuholi bakhe ukubhekelela ukuthi abantu bakhe abaguliswa izifo ebezingagwemeka.

Umkhankaso esiwuqukethe namhlanje yilowo we **Oral Health and Dental Hygiene Awareness**.

Lapha sifundisana ngokubaluleka kwe Oral Health; ukunakekela kanye nokuqinisa ukuthi zonke izinto isizifaka emlonyeni kanye nalezo esizidlayo engeke zibe nemithelela emibi ezimpilweni zethu.

Lona ungomunye wemikhankaso ebaluleke kakhulu eMnyangweni wezeMpilo yingakho nje sizowuqhuba inyanga yonke ka August.

Sikhathazeke kakhulu ngokudlanga kwezifo kanye nezilonda ezimila emlonyeni, ezinye zize zibangele ukuthi abantu bahlaselwe isifo somdlavuza, cancer.

Ukubola kwamazinyo, *Dental decay*, sesitholile ukuthi sekuyisifo esi chronic nesasihlasela u **50 percent** wabantwana bengakafiki eminyakeni eyisithupha.

Ucwaningo luphinde lukhombwe ukuthi cishe kube u **70 percent** wabantwana abahlaselwa ukubola kwamazinyo abo ngaphambi kokuba bafinyelele eminyakeni eyishumi nesishagalombili.

Izigulo ezingena ngomlomo iningi lazo azinabo ubuhlungu ngaphandle uma kuyizinyo elihluphayo. umuntu ophathekile

kuze kudaleke umonakalo omkhulu engazi ukuthi esengozini engakanani.

Masifundisane namhlanje ngezinkomba okufanele sizibheke:

- Bleeding gums when you brush or floss.
- White or red patches on your gums, tongue, cheeks or the roof of your mouth
- Gums that have pulled away from teeth.  
Part of the tooth's root may show, or your teeth may look longer.
- Pus between the teeth and gums
- Pain when chewing
- Bad breath.
- Permanent teeth that are loose or moving away from each other.
- Changes in the way your teeth fit when you bite.

Ubungozi obukhulu yilobo bokuthi abantu abanokuphathwa izifo eziphathelene nezinsini baba sengozini yokungenwa ezinye izifo ezifana no:

- heart disease,
- lung disease and
- other systemic disorders

Inkinga enkulu lapha idalwa ukugcola okwakheleka emazinyweni ethu, bacterial plaque that constantly forms on the teeth. Yilokungcola okufanele sikususe nsuku zonke ngoba okulandelayo kuba ukuthi kuzithola sekwakhele okungunaphakade bese kuqala kuququda izinsika zamazinyo.

Naku okunye okubalulekile ukuthi sikwenze:

- **Understand your own oral–health needs.**  
"Your oral health depends on many factors, including your diet [what you eat],
- **Brush and floss to remove plaque.**  
Everyone should brush at least twice a day, preferably three times or after every meal. If plaque isn't removed every day, it can process sugars found in most foods and drinks to form acids that lead to decay.
- **Commit to a daily oral–health routine.**
- **Use fluoride.**  
Everyone can benefit from fluoride, not just children. Fluoride strengthens developing teeth in children and helps prevent decay in adults and children. Toothpastes and mouthwashes are good sources of fluoride.
- **Limit snacks, particularly those high in simple sugars, and eat a balanced diet.**  
Each time you eat food containing sugars or starches (complex sugars), your teeth are exposed to bacterial acids for 20 minutes or more.
- **If you use tobacco in any form, quit.**
  - Ugwayi bakwethu wandisa amathuba okuthi umuntu angenwe I oral cancer.
  - Ugwayi ubangela ukubola kwamazinyo
  - Ugwayi unukisa wonke umlomo kabi
  - Ugwayi wenza amazinyo ashintshe umbala wawo (tooth discolouration)

- **Examine your mouth regularly.**  
you are in the best position to notice changes in your mouth.
- **Visit the dental office regularly.**  
Some people need to visit their dentist more frequently than others

We find it disturbing that almost all oral diseases can be prevented.

Over and above everything, we are saying early instilling of proper oral hygiene routine at an early age easily prevents childhood gum and dental diseases.

Siyaqinisa sithi iningi lezifo eziphathelene nomlomo siyakwazi ukuzilapha rzikhungwini zethu uma zisheshe zabonakala.

Singumphakathi masigqugquzelaneni ukuthi sihambele lezikhungo ezakhiwe nguhulumeni wabantu esephe ukukhuphula izinga lethu lempilo.

Ngithi masizihambe, thina kanye nabantwana beth kulezindawo ezilandelayo kule District yase Sisonke:.”

1. EG & Usher Memorial Hospital
2. Christ the King Hospital (Gateway)
3. St Appolanaris Hospital
4. Rietvlei Hospital
5. St Margarets Hospital
6. Pholela CHC
7. Underberg Clinic

Masikhumbuzane ukuthi ingqikithi yalomkhankaso ithi “***A Healthy Mouth for a Healthy Lifestyle***”

Umphakathi mawazi ukuthi thina sifuna ukuthi wonke umuntu akhule esebenzisa amazinyo azalwe nawo.

Sithi makuqale kubantwana, senze iziqinisekiso zokuthi amazinyo abo, ama *MILK TEETH* awawi bengakabi neminyaka eyisithupha.

Sithi akuqinisekiswe ukuthi abantwana abanikwa ukudla okunoshukela omningi njengamaswidi.

Sithi abantwana mabangathi uma belele bafakwe amademu anokudla ngoba loko kubolisa amazinyo.

Sithi amademu abantwana awangacoshwa phansi afakwe emilonyeni wabo ngoba loko kwandisa amagciwane angena ngomlomo.

Yazi ukuthi thina sifuna ukuthi amazinyo abantwana angakhishwa kodwa ambozwe uma enemigodi

Nakubantu asebakhulile asithandi ukuthi kujahwe ukukhishwa kwamazinyo abo kodwa sifana ukuthi imigodi esuke ikhona, ivalwe ukuze umuntu azoqhubeka ngokusebenzisa amazinyo azalwe nawo.

Imigomo esisebenzela phezu kwayo yileyo ebekwe inhlango yezempilo yomhlaba I World Health Organisation nebhekelele ukuncipha kwezifo kanye nokuthuthuka kwesimo simplilo yawo wonke umuntu.

Umnyango wezeMpilo kulesifunda uyavuma ukuthi bayashoda odokotela abaqeqeshekwe amazinyo kodwa uyaqhubeka nezinhlelo zokubaqasha njengaloku namanj nje sitshale ama *Community Service Dentists* angamashumi amathathu phezu kodokotela abasebenzayo.

Abantwana bethu abasezikoleni siyabangxusa ukuthi bawufundele lomkhakha ngoba nosizo lwemifundaze siyalukhipha.

Sigcina ngokusho ukuthi abantu mabaziqikelele baphinde babhekelele labo abaphila nabo ukuze bavikele izifo. Kuhle sihlole ukuthi ukudla esikudlayo kuba yiloko okunomsoco nokwakha nokwakha imizimba yethu.

Phansi ngama Snacks!

Phansi ngotshwala!

Phansi ngogwayi!

Phambili ngokugeza amazinyo kabili ngosuku!