

HEALTHY TEETH AND GUMS

ANJALI GUPTA
DENTIST





3 IMPORTANT THINGS WE MUST DO...

1. BRUSH TWICE A DAY FOR 2-3 MINUTES

- If you are under 8 years of age, you need help from an adult
- **JUST SPIT OUT THE TOOTHPASTE AFTER BRUSHING AND DO NOT RINSE**
- Brush in circular movements and make sure you brush the gumline too



2. USE AN ADULT TOOTHPASTE

- Water in Lancashire doesn't contain Fluoride.
- Fluoride helps to make our teeth resistant to cavities
- Children's and baby toothpastes often don't contain enough Fluoride
- If you are under 7 years old age, use a pea sized amount

AVOID whitening toothpastes



If using a mouthrinse DO NOT use
straight after brushing



3. LIMIT SWEET FOODS AND DRINKS TO MEALTIMES

- Decay occurs when we eat sweet foods and drinks regularly between mealtimes
- We should only drink milk or water between meals
- Save your treats and have them as your pudding with teatime
- Avoid sticky sweets that stick to the teeth



DECAYED TEETH 😞

- ◆ PAIN
- ◆ SWELLING /
ABSCESS
- ◆ SLEEPLESS
NIGHTS
- ◆ FILLINGS
- ◆ TOOTH LOSS
- ◆ ROOT CANAL
TREATMENT



GUM DISEASE



BRUSH YOUR
GUMS!!!



GINGIVITIS
(mild gum disease /
inflammation)



SEVERE GINGIVITIS

- ◆ Bad smell
- ◆ Bad taste
- ◆ Sore gums
- ◆ Loose teeth
- ◆ Tooth loss
- ◆ Unable to eat properly



PERIODONTITIS
(advanced gum disease ->
loose teeth and tooth loss!)

BRUSH GUMS

FLOSS

INTERDENTAL
BRUSHES



DO NOT SMOKE!

WHAT ABOUT RAISINS??



One small pack of raisins has 7 and ½ teaspoons of sugar

WHAT ABOUT FRUIT JUICE?

“Full of Vitamins”



6 teaspoons of sugar



As much sugar as Coke!
Limit to 1 small glass to a mealtime

“Fruit is good for you”



5 ½ teaspoons of sugar. Low sugar fruit shoot has 1-2 teaspoons of sugar in depending on the flavour.



About 12 ½
teaspoons of
sugar

How the sugar stacks up...

<p>Rockstar Punched Energy Drink Guava (500ml) 335 cals</p> <p>19.5 tsp of sugar</p> 	<p>Lucozade Energy Pink (500ml) 286 cals</p> <p>17 tsp</p> 	<p>Mountain Dew Citrus Blast (500ml) 240 cals</p> <p>16.5 tsp</p> 	<p>Monster Energy (500ml) 235 cals</p> <p>13.75 tsp</p> 	<p>Caffe Nero Fruit Booster Raspberry & Orange (655ml) 236 cals</p> <p>13.6 tsp</p> 
<p>Old Jamaica Ginger Beer (330ml) 201 cals</p> <p>12.5 tsp</p> 	<p>Galaxy Smooth Milkshake (376ml) 255 cals</p> <p>10.9 tsp</p> 	<p>This Juicy Water Lemons & Limes (420ml) 159 cals</p> <p>9.1 tsp</p> 	<p>Coca-Cola (330ml) 139 cals</p> <p>8.75 tsp</p> 	<p>Lipton Iced Tea Peach (500ml) 150 cals</p> <p>8.5 tsp</p> 
<p>San Pellegrino Limonata Italian Sparkling Lemon (330ml) 149 cals</p> <p>8.25 tsp</p> 	<p>Volvic Juiced Berry Medley (500ml) 130 cals</p> <p>8 tsp</p> 	<p>Britvic Orange 55 (275ml) 134 cals</p> <p>7.5 tsp</p> 	<p>Shloer Red Grape Juice (275ml) 118 cals</p> <p>7 tsp</p> 	<p>Sainsbury's Mango Juice Drink (200ml serving) 121 cals</p> <p>6.9 tsp</p> 
<p>Red Bull (250ml) 115 cals</p> <p>6.8 tsp</p> 	<p>Cawston Press Sparkling Elderflower Lemonade (330ml) 99 cals</p> <p>6.1 tsp</p> 	<p>Dr Pepper (330ml) 96 cals</p> <p>6 tsp</p> 	<p>Capri-Sun Blackcurrant (200ml) 100 cals</p> <p>6 tsp</p> 	<p>Welch's White Grape Pear & Apple (200ml serving) 92 cals</p> <p>5.7 tsp</p> 
<p>Ocean Spray Cranberry Classic (200ml) 92 cals</p> <p>5.5 tsp</p> 	<p>Ribena (200ml) 83 cals</p> <p>5 tsp</p> 	<p>Waltrose 50% Apple & Mango Juice (200ml serving) 66 cals</p> <p>4 tsp</p> 	<p>Sainsbury's High Juice Blackcurrant (200ml serving) 66 cals</p> <p>3.9 tsp</p> 	<p>Bottlegreen Elderflower Cordial (200ml serving) 58 cals</p> <p>3.6 tsp</p> 

SUGARY DRINKS – BEWARE!!!

HAVE OCCASIONAL ONE AT MEALTIMES ONLY AS A TREAT

TRY AND AVOID HAVING CONSTANTLY THROUGHOUT THE DAY – TEETH NEED TIME TO RECOVER!!



IS YOUR CHILD'S SWEET TOOTH HARMING THEIR HEALTH?

SUGARY DRINKS CAN CAUSE TOOTH DECAY, OBESITY AND EVEN TYPE 2 DIABETES,
HEART DISEASE AND SOME CANCERS IN THE FUTURE

Set your child up for a healthier life by making the swap to water, low-fat milk and sugar-free drinks



Maximum daily allowance

4-6yrs

5
SUGAR CUBES

7-10yrs

6
SUGAR CUBES

11yrs+

7
SUGAR CUBES

1 SUGAR CUBE = 4g

ENERGY DRINKS

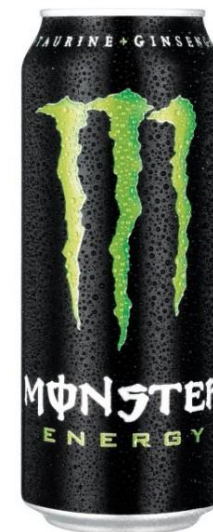
X Stick to water during sports



Nearly 7
teaspoon
s of sugar



17
teaspoon
s of sugar
(500ml)



Nearly 14
teaspoons
of sugar

HOW LONG DO WE BRUSH FOR?

Manual or
Electric
toothbrush?



Small
head

Soft to
medium
bristles

Brush
teeth
AND
gums

Use a
mirror!

VISIT THE DENTIST REGULARLY

- Every 6 months is the usual period that children are advised to visit the dentist
- If the dentist feels you need to come more regularly, you may need to visit every 3 months
- Free dental check ups and treatment if you are under the age of 18 (and if you are 18 and in full time education)

From 6 months to get baby used to the dentist



Less likely to have fear of the dentist later in life if attend regularly as a child

Oral Health Quiz

- 1) After brushing your teeth, should you spit OR rinse out with water
- 2) When is the best time to use a mouthwash? Which is the best mouthwash to use?
- 3) Is an electric OR a manual toothbrush best?
- 4) Which is the best toothpaste to use?
- 5) How often should I visit the dentist?
- 6) If juice has lots of vitamin C, is it good for your teeth?
- 7) If fruit is good for you, is dried fruit ok for your teeth too? E.g. raisins
- 8) Is it safe for children to use adult's strength toothpaste?
- 9) How early should my child attend the dentist?
- 10) Which snacks are for good oral health?
- 11) Is chewing gum good for my teeth?
- 12) Who qualifies for free dental treatment?
- 13) Why should I floss?