Adults

Don't Ignore Your
Oral Health

Healthy gums are important for your overall health. Gum disease is linked to diabetes, cancer, and heart disease. Take care of your teeth and gums.

Ignoring your oral health may affect your wellbeing. Make healthy choices to improve your quality of life.

Visit your dental team at least once a year for advice and a checkup to help prevent tooth decay, tooth wear, gum disease, bad breath, and for a mouth cancer examination.

ÖHF

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Good oral hygiene will remove plaque and help prevent bleeding gums.

Tooth Tips

- Brush your teeth twice daily, before bedtime and one other time for 2-3 mins using a gentle circular motion. Lightly brush your tongue to remove bacteria.

- Use a soft/medium toothbrush, spit, don't rinse after brushing. Change your toothbrush every 3 months or when bristles are worn.

- Use a fluoride toothpaste (1450ppm) to keep teeth strong and help prevent decay.

- Floss daily to reduce plaque build-up, or use interdental brushes. Ask your dental team for advice on technique.

Diet Tips

- Small diet changes can make a big difference, eat more fruit and vegetables. Choose healthy snacks between meals such as fresh fruit or low-fat dairy.

- Keep hydrated with unflavoured water or milk instead of sugary/fizzy drinks which increase the risk of tooth decay, acid attack and tooth wear, especially between meals. Limit fruit juice or fruit smoothies to one small glass daily, with a meal and choose unsweetened.

- Dried fruits and honey are high in sugars that cause tooth decay.

Things to Consider

- Read food labels for sugar content (less than 5g per 100g is considered a low sugar).

- Always wear a mouthguard when playing sports to help reduce the risk of dental injuries.

- Smoking and alcohol are risk factors for mouth cancer, gum and heart disease.

- Regular exercise may help relieve stress which is a risk factor for gum disease and may also cause tooth wear.

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