

TAKING CARE OF YOUR ORAL HEALTH IS ABOUT MORE THAN YOUR MOUTH

STROKES

Gum disease, missing teeth and other signs of poor oral health, as well as poor brushing habits and lack of plaque removal, **increase stroke risk.**

LUNG CONDITIONS

There is a clear link between poor oral health and **respiratory disease.**

PREMATURE BIRTH

Women who went into **early labour** recorded gum health scores four times lower than those who had a timelier birth. They also had eight times more plaque.

ALZHEIMER'S

Studies suggest that the bacteria that causes gum disease are also associated with **developing Alzheimer's.**

HEART DISEASE

Bacteria present in gum disease can travel throughout the body, triggering **inflammation in the heart's vessels** and infection in heart valves.

DIABETES

People with diabetes have a higher chance of having periodontal (gum) disease.



FOR A HEALTHY MOUTH & BODY...

- Brush twice a day.
- Clean in between your teeth.
- Visit the dentist.



Learn more about your oral health at

WWW.SMILEMONTH.ORG [#SMILEMONTH](https://twitter.com/SMILEMONTH)

GETTING CHILDREN INTERESTED IN THEIR ORAL HEALTH

It is not always easy, but it is essential to help your little ones build healthy habits which last a lifetime.

USE REWARD CHARTS

Let them choose a sticker to place on a reward chart every time they brush their teeth. Once it's full let them trade it in for a reward like a bedtime story or a treat - just not sweets!



BRUSHING APPS

Children nowadays are tech-savvy and there are lots of toothbrushing apps out there which are great for kids. One good example is BrushDJ, which was developed by a UK dentist to make brushing fun.



MAKE BRUSHING FUN

There are lots of good toothbrushes and toothpastes aimed at children which encourage them to brush their teeth, like singing toothbrushes and fruit flavoured toothpaste.



GET CREATIVE

Think outside the box. Let children brush the teeth of their toys, play dentist with them, sing songs and tell stories about brushing, and you can even give them a go at cleaning your teeth!



FOR A HEALTHY MOUTH THEY CAN BE PROUD OF, CHILDREN SHOULD...

- Brush their teeth twice a day with a fluoride toothpaste.
- Keep sugar consumption to mealtimes.
- Visit the dentist regularly, as often as they recommend.



Learn more about your oral health at

WWW.SMILEMONTH.ORG [#SMILEMONTH](https://twitter.com/SMILEMONTH)