# 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.

## People with diabetes

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



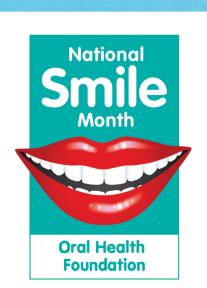
#### FOR A HEALTHY MOUTH & BODY...

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



Learn more about your oral health at

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# 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.

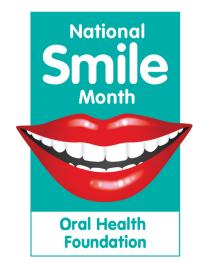
## MAKE BRUSHING FUN

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.



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