

*Improving  
Oral Health*

*In Evermore  
Communities*

# Community Dental Services

A Social Enterprise

Providing NHS Dentistry



**Lets talk...about  
teeth** 

# Importance of Oral Health

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Good Oral Health enables an individual to eat, speak, and socialise without active disease, discomfort and embarrassment and which contributes to general wellbeing.

Everyone is entitled to good Oral Health. It can improve general health, social acceptability, self-esteem and quality of life.

“If the **eyes** are the  
window to the **soul**,  
then the **mouth** is the  
window to the **body**”

- Dr. Eli Shem-Tov

Clinical instructor at the Faculty of Dentistry,  
University of Toronto

# Key Messages from Delivering Better Oral Health

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Brushing twice daily  
with a fluoride  
toothpaste last thing  
before bed and 1  
other time in the day

Reduce the  
amount and  
frequency of  
sugary foods  
and drinks

Visit the dentist as  
often as they  
recommend

**DBOH 2017**

# Hints and tips

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## Brushing



# Brushing

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Brush as soon as the tooth has started to erupt  
Children under 8 should have assistance or supervised  
Small headed, soft bristled toothbrush: replace once  
bristles becomes splayed or every 2/3 months  
Children do not need mouthwash unless prescribed by  
the dentist (which should be at a different time to  
brushing)





# Brushing

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Standard toothbrushes



Special toothbrushes

Small headed toothbrushes are recommended

## Hints and tips

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# Toothpaste





# Toothpaste

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## **0-3 years**

No less than 1000ppm fluoride.

Smear of toothpaste.

Whitening toothpaste unsuitable



## **3+ years**

Between 1000ppm and 1450ppm fluoride.

Pea sized amount if able to spit out.

Whitening toothpaste unsuitable.



**Spit, don't rinse!**

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# Sugar

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Do you know how many grams of sugar a child can have per day?



4 – 6 years



7 – 10 years



11+ years



# Tooth friendly foods/drinks

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# Medicines

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1

Encourage sugar free medications, where possible

- speak to your GP to swap any medications that could be sugar free

2

Keep to mealtimes if no sugar free alternative is available





# Vitamin D

Vitamin D is important for General Health and Oral Health: key to forming enamel, dentine and bones.

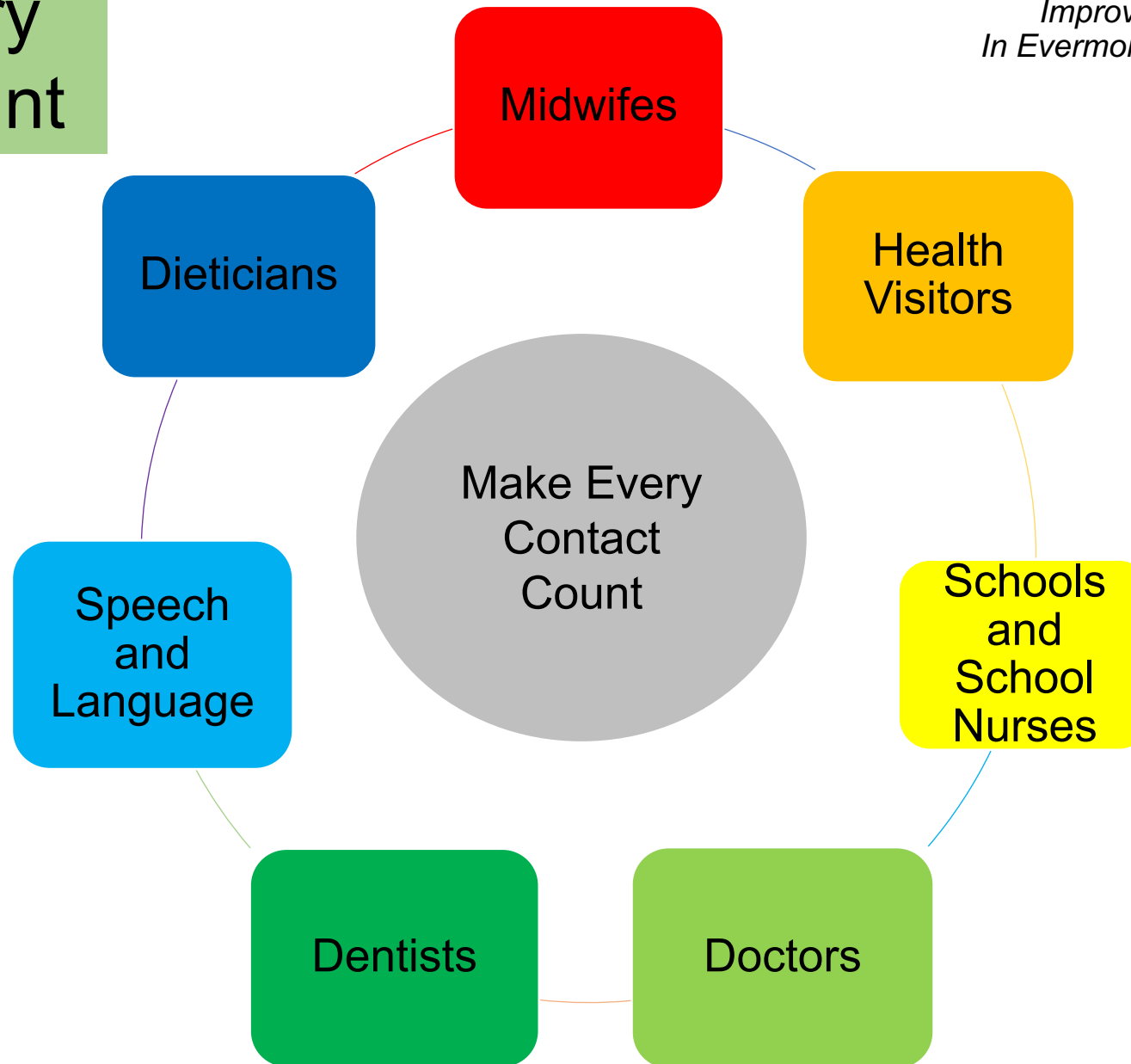
Adults and children over 1 year should take daily supplementation:  
10mcg Vitamin D

Infants under 1 year who are breastfed or consuming less than 500ml formula milk a day are advised to take daily vitamin D supplementation of 8.5-10mcg/day.



# Making Every Contact Count

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MECC

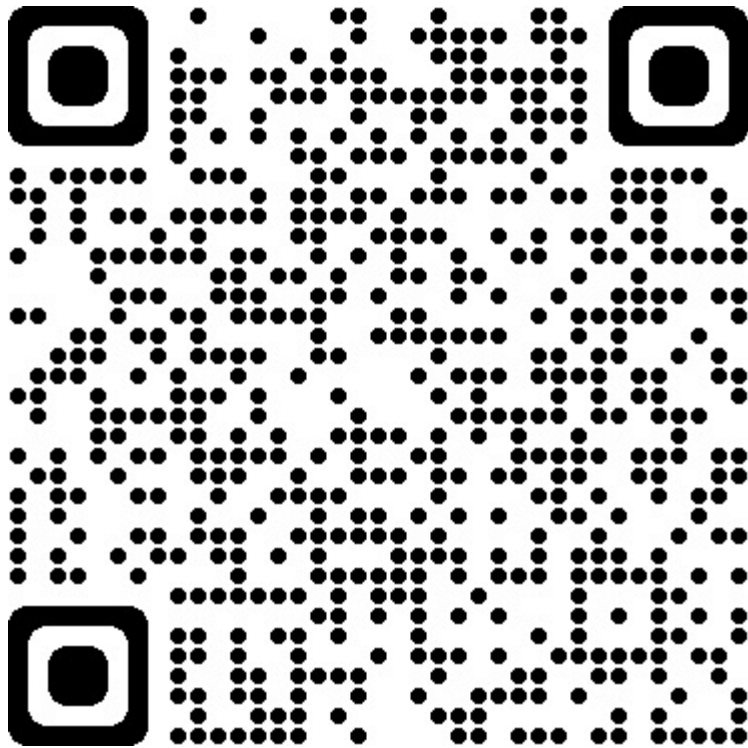


# CDS Website information

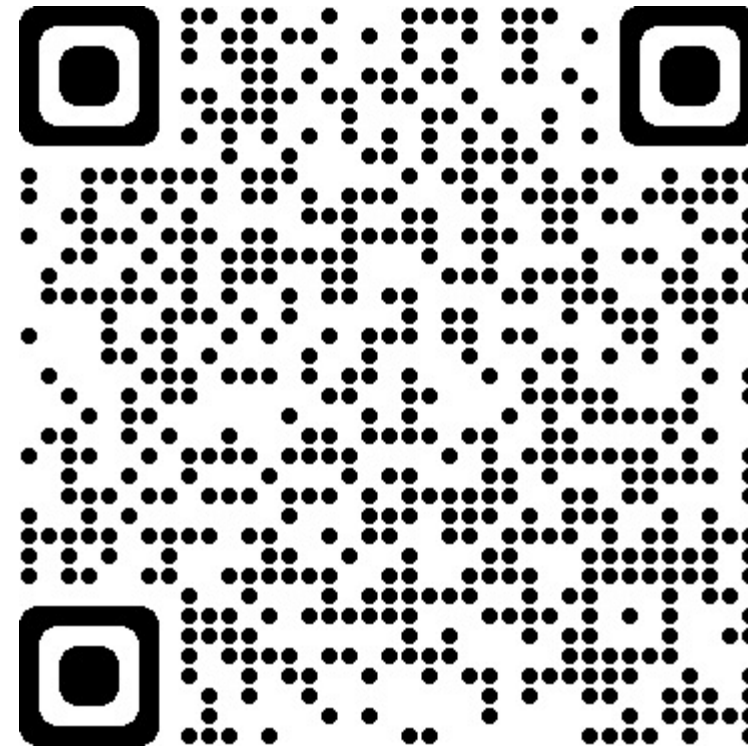
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## Oral Health Page



## Easy Read



# References

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- Delivering Better Oral Health
- Change4Life resources PHE
- PHE Document <https://www.gov.uk/government/publications/child-oral-health-applying-all-our-health/child-oral-health-applying-all-our-health>
- Making Every Contact Count - NHS HEE
- British society of Paediatric Dentistry – Dental Check by 1

# Thank you Any questions?

Please complete the feedback form

