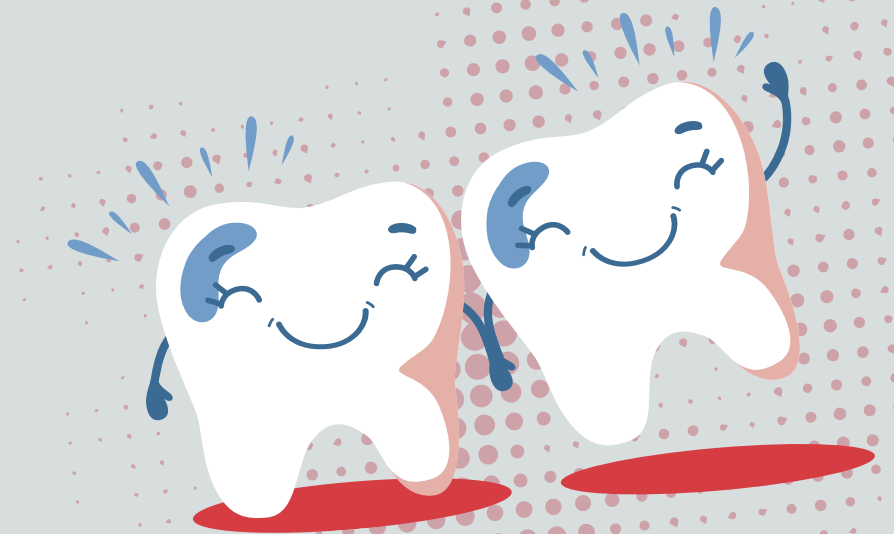


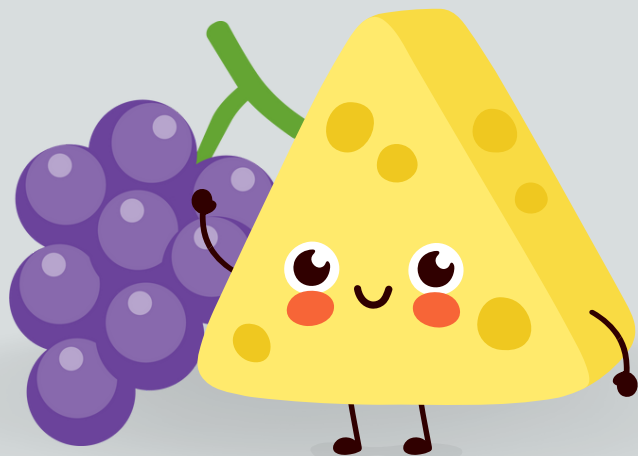
Oral Health Tips



Did You Know?



At the end of a meal, eating something that contains alkaline, like cheese or grapes, could neutralise sugar's effect on your teeth.



We asked Prof Alison Dougall, Professor and Consultant in Dental Science from Ireland and a longstanding friend of the EHC, to collect her advice for maintaining a healthy smile over the years. Here are some of her top tips:

- Brush your teeth twice a day, especially before you go to bed, and use fluoride toothpaste to avoid cavities!
- If your gums are bleeding, visit a hygienist to get them checked out, as you may be developing gingivitis or gum disease.
- Limit your sugars and fizzy drinks in between meal times to avoid cavities and thinning of tooth enamel.
- Visit your dentist at least once a year so you can catch problems early and avoid extensive treatment, or getting toothache.
- If you are playing a contact sport, wear a mouth guard to avoid trauma to the teeth.
- If you are a smoker, check your mouth regularly and visit your dentist if you have an ulcer that doesn't heal after 2 weeks – mouth cancer is on the increase, especially in younger people.
- Children should always visit the dentist before their first birthday to check for signs of early decay or developmental tooth defects.

If completely quitting sugar is too hard, how can the damage be reduced?

- Eat sugar during meal time as dessert but NOT an hour later.
- Make sure we have saliva flowing when we are having sugar.
- Use fluoride toothpaste twice a day.
- At the end of the meal, chew gum for 10-15 minutes or eat something containing alkaline (e.g., cheese or grapes).

Reminder

Time to clean your teeth

