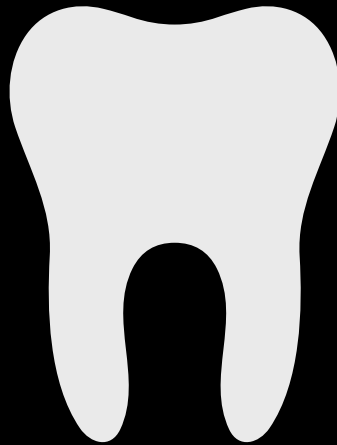


FEBRUARY 2021

ORAL HEALTH AND HYGIENE

Learning South Leicestershire School Sports Partnership



HOW TO KEEP YOUR TEETH AND GUMS HEALTHY

Brushing your teeth in the morning and last thing at night with a fluoride toothpaste. Spit out after brushing and do not rinse, so that the fluoride stays on your teeth longer.

Cleaning between the teeth with 'interdental' brushes or floss at least once a day.

Good eating habits - eating less sugary foods and drinks. Visit the dentist regularly

Health Issues from Poor Oral Hygiene

Dental and oral health is an essential part of your overall health and well-being. Poor oral hygiene can lead to dental cavities and gum disease, and has also been linked to heart disease, cancer, and diabetes.

Information and Statistics

Maintaining healthy teeth and gums is a lifelong commitment. The earlier you learn proper oral hygiene habits, such as brushing, flossing, and limiting your sugar intake, the easier it'll be to avoid costly dental procedures and long-term health issues (Health Line, 2019).

Worryingly an oral health survey Public Health England found that just under a quarter of 5 year olds have tooth decay. Excess sugar intake is listed as the main cause.

Brushing Technique

Brush your teeth with fluoride toothpaste twice a day for 2 minutes. Use short, back-and-forth brushing motions to clean the outside and inside surfaces of the teeth, as well as the chewing surfaces and inside surface of the front teeth. Brush along the gum line and the back molars. Brush your tongue to remove bacteria that cause bad breath.

To learn more about dental health visit

<https://www.dentalhealth.org/>