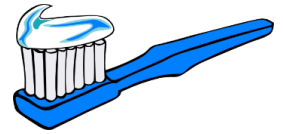


Health & Wellbeing

August – Dental health



Dental Health Week 6-12 August

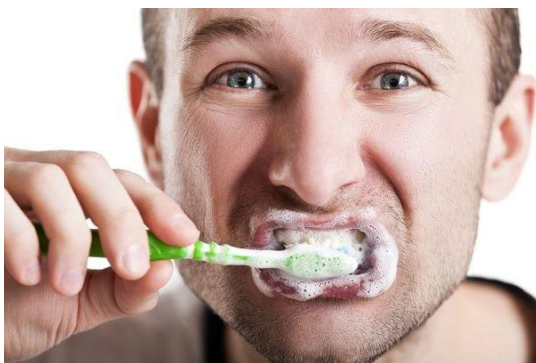
Dental Health Week is ran annually by the Australian Dental Association and is held on the first full week of August. Its aim is to educate Australians about the importance of maintaining good oral health by promoting the following key messages:

Brush twice a day with a fluoride toothpaste

To gain the maximum benefit from brushing your teeth, you should brush your teeth for at least two minutes.

Tempting as it is to think that pressing harder on your teeth equals a better clean, the fact is that too much pressure can damage your gums and tooth enamel. If the bristles are wearing out on your toothbrushes well before the three-month mark, you're pressing too hard and you should ask your dentist to show you a less damaging technique.

It's also a good idea to replace your brush, whether manual or powered, when either the bristles start to spread apart, or every three months, whichever comes first.



Clean in between teeth at least once a day with floss

If you're relying solely on brushing to keep your teeth clean, you're missing nearly half the surface area of your teeth which, not surprisingly, lies between them. For that reason alone, flossing should be an essential part of your oral care routine and never an optional extra.

By using floss to remove the plaque from between your teeth, you're helping to prevent gum disease, tooth decay, and halitosis (otherwise known as "bad breath"), a considerable amount of upside for just a couple of minutes effort each day.

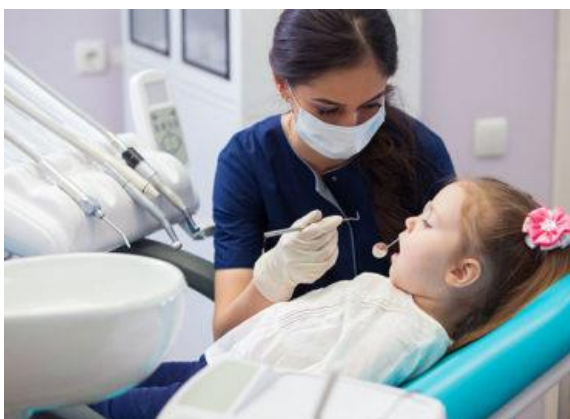
Eat a healthy balanced diet and limit sugar intake

Everything you eat and drink can have a major effect on the health of your teeth and gums. To ensure that your diet doesn't negatively affect your teeth, there's a few key things to keep in mind:

- Drink lots of water - If you choose water over anything else, and regularly sip it throughout the day, you're going a long way to making real difference to the health of your teeth.
- Limit snacking between meals - A key component in helping to prevent decay is saliva which helps your teeth recover from these attacks by neutralising the acids. Its good work, however, can be undone if you snack frequently between meals, which means your teeth don't get a break from the acid attacks that occur when you eat.
- Watch what you eat - Frequent snacking on foods with hidden sugars like biscuits, crackers, cereals and chips (these foods break down into sugars in the mouth) can cause acid attacks on your tooth enamel.
- Gum anyone? – Studies have shown that chewing sugar-free gum for 20 minutes after eating can prompt your mouth to produce more saliva, which helps neutralise decay-causing acid attacks.

Regularly visit the dentist for check-ups and preventive treatment

Regular check-ups will keep your mouth healthy. Research shows only 35% of Australians have seen a dentist in the last two years.



For more information on your dental health visit the Australian Dental Association website:

<https://www.ada.org.au/Dental-Health-Week/Home>