

# HEALTH TIP

AUGUST

DENTAL HEALTH

2016



August 1 - 7 is Dental Health Week. Its aim is to educate Australians about the importance of maintaining good oral health in every aspect of their lives. Tooth decay is the most common health condition in Australia and ironically, it's also easily preventable with a little TLC – tooth love and care.

## How to Avoid Tooth Decay:

- **Brush for two minutes twice a day** with a fluoride toothpaste to reduce your risk of getting decay by 25%
- **Floss once a day and visit your dentist every 6 months** (or as directed by your dentist) for check-ups
- **Monitor your intake of energy drinks, soft drinks, sports drinks and fruit juice.** These drinks are acidic and contain high amounts of sugar
- **Use a straw and avoid swishing drinks around your mouth.** This minimises the acid exposure to your teeth
- **Chew sugar-free gum to stimulate saliva** (saliva neutralises acids that cause decay) after eating a meal or snack, if you're unable to brush your teeth
- **Eat calcium-rich foods** like milk, cheese and yogurt following sugary or acidic food or drinks to help neutralise the acids
- **Drink fluoridated tap water** to reduce your risk of decay. Fluoride works by making the enamel of your teeth stronger and more resistant to attack by plaque



## Foods that cause tooth decay

- |                 |                          |
|-----------------|--------------------------|
| ✗ Lollies       | ✗ Savoury crackers       |
| ✗ Soft drinks   | ✗ Popcorn                |
| ✗ Cordials      | ✗ Fruit snack bars       |
| ✗ Sports drinks | ✗ Muesli bars            |
| ✗ Fruit juices  | ✗ Sweet biscuits         |
| ✗ Peanut butter | ✗ Some breakfast cereals |
| ✗ Potato chips  | ✗ Dried fruit            |

## Tooth-friendly foods

- |                         |                      |
|-------------------------|----------------------|
| ✓ Milk                  | ✓ Wholegrain cereals |
| ✓ Some cheeses          | ✓ Lean meats         |
| ✓ Fruits and vegetables | ✓ Tap water          |
| ✓ Nuts                  |                      |

**Did you know that it takes two to three minutes to brush your teeth properly but most people only spend 30 seconds or less?**

Source: <http://www.dentalhealthweek.com.au/>

**CHG**

**Address:** 69 Henley Beach Rd Mile End SA 5031

**Ph:** 08 8354 9800

**Fax:** 08 8354 9844

**[www.chg.net.au](http://www.chg.net.au)**