



World Oral
Health Day
20 March

How to Live **MOUTH SMART**

Your guide to good oral health



www.worldoralhealthday.org

What is **Oral health?**

Oral health means the health of the mouth. A healthy mouth allows you to speak, smile, smell, taste, touch, chew, swallow and convey a range of emotions with confidence and without pain, discomfort and disease.

No matter what your age – 5, 25, 65 or 85 years – **oral health is vital to your general health and well-being.**

Oral health is more than a beautiful smile. It means having healthy:



Why does

Oral health matter?

Oral disease can impact every aspect of your life from personal relationships and self-confidence to school, work or even enjoying your food. It can also potentially lead to social isolation where you may avoid laughing or smiling and interacting with others as you feel embarrassed about your teeth and people's perception of your oral health.

An unhealthy mouth, for example if you have gum disease, can increase your risk of diabetes, heart disease, pancreatic cancers and pneumonia. So keeping your mouth healthy is crucial to keeping it functioning correctly and for maintaining your general health.

What does it mean to **Live Mouth Smart?**

Live Mouth Smart speaks to you about the decisions you can take to safeguard your own and your family's oral health. If you *Live Mouth Smart*, you understand the meaning of good oral hygiene and how to avoid oral disease.



Be confident



Express yourself



Feel attractive



Chew



Taste



Laugh

How can you **Live Mouth Smart?**



Recognize oral disease

Tooth decay

Tooth decay is a disease that occurs when germs (bacteria) build up in your mouth and lead to the production of plaque. This clear and sticky substance forms on your teeth and gums, feeding on the sugars in the food you eat or drinks that you consume to make acids. These acids can eat away at your teeth leading to holes which are called dental caries (cavities). If not treated, tooth decay can cause pain, infection and tooth loss.

You may have tooth decay if you experience any of these signs:

- ▶ Food trapped frequently between your teeth
- ▶ Discomfort or pain in or around your mouth
- ▶ Difficulty in biting down on certain foods
- ▶ Sensitivity to hot, cold or even sweet foods
- ▶ Bad breath
- ▶ White, then later dark, spots on your teeth

Gum disease

Gum disease is an inflammation of the gums that begins as gingivitis (mild stage), and can progress into periodontal disease (more severe stage) which can destroy the tissues and bone that hold your teeth in place. Unlike gingivitis, the damage caused by periodontal disease is irreversible and permanent. Periodontal disease can lead to serious consequences such as problems with chewing, speaking and tooth loss. So, it can have a huge impact on your well-being and quality of life.



You may have gum disease if you experience any of these signs:

- › Red and swollen gums that bleed easily (e.g. when you brush or clean between your teeth)
- › Gums that have pulled away from the teeth
- › Constant bad breath
- › Pus between your teeth and gums
- › Teeth that are loose or moving away from one another
- › Change in the way your teeth fit together when you bite
- › Change in the way your partial dentures fit

Oral cancer

Oral cancer is among the 10 most common cancers. It may significantly affect any part of the mouth including: lips, gums, tongue, throat, inner lining of the cheeks, roof of the mouth and floor of the mouth. Oral cancer can be life threatening if not diagnosed and treated early. It appears as a growth or sore in the mouth that does not go away. Early diagnosis is key.



If you notice any of these changes, contact your healthcare professional immediately:

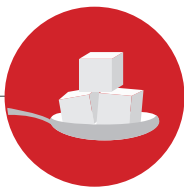
- Swellings/thickenings, lumps/bumps, rough spots/crusts or eroded areas on the lips, gums, or other areas inside the mouth
- Persistent sores on the face, neck, or mouth that bleed easily and do not heal within two weeks
- Development of velvety white, red, or speckled (white and red) patches in the mouth
- A soreness or feeling that something is caught in the back of the throat
- Unexplained bleeding in the mouth
- Difficulty chewing, swallowing, speaking, or moving the jaw or tongue
- Unexplained numbness or pain/tenderness in the face, mouth, or neck
- Hoarseness, chronic sore throat, or change in voice
- Dramatic weight loss
- Ear pain
- Change in the way your teeth or dentures fit together

How can you **Live Mouth Smart?**



Control your risk factors

Oral diseases share a wide range of risk factors. Some, such as age, sex and hereditary conditions, are known as non-modifiable risk factors. Non-modifiable means they cannot be changed or influenced. Other risk factors are influenced by habits, behaviours and lifestyle so they are considered to be modifiable and include:



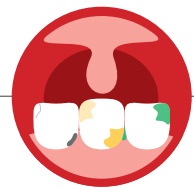
**UNHEALTHY
DIET**



**TOBACCO
USE**



**ALCOHOL
EXCESS**



**POOR ORAL
HYGIENE**

Make a positive change.

Kick out these habits to gain a healthier mouth.



Unhealthy diet, particularly one high in sugar

Consuming excessive amounts of sugar from snacks, processed food and soft drinks is a leading risk factor for oral disease. Soft drinks include any beverage with added sugar such as sodas, fruit juices, sweetened powdered drinks, sports and energy drinks.

Read the 'Sugars nutrition facts' below and ensure you know how much sugar you are consuming from either food or drink and limit your intake to recommended levels.

SUGARS NUTRITION FACTS

	Food per 100 g	Drinks per 100 mL
High sugars	more than 22.5 g	more than 11.25 g
Low sugars	less than 5 g	less than 2.5 g

Daily intake of free sugars should be limited to less than 10% (or 50 g = approximately 12 teaspoons) in adults and children, and below 5% (or 25 g = approximately 6 teaspoons) for additional health benefits and to help minimize the risk of dental caries.



Your risk of dental caries increases if you consume sugar more than four times a day or when your intake is more than 50 grams (approximately 12 teaspoons). Beware of sugars added to your food by the manufacturer as well as those naturally present in the food you consume like honey, syrups, fruit juices and fruit juice concentrates. Pay close attention to how much sugar you are adding when preparing your own meals.



Tobacco use

Tobacco use puts your mouth at an increased risk of gum disease and oral cancer. It also causes teeth staining, bad breath, premature tooth loss, loss of taste and smell.

TYPES OF TOBACCO USE

Smoking

cigarettes
bidis
kreteks
pipes
cigars
waterpipes

Smokeless

snuff, dry and moist
chewing tobacco
snus
dissolvables



Alcohol excess

Excessive alcohol drinking can lead to injury, often to the mouth and teeth, and can cause dental caries due to the acidity and high sugar content of alcoholic drinks. Along with tobacco, excessive alcohol use increases risk for cancers of the mouth.



Poor oral hygiene

Poor oral hygiene can lead to the build-up of harmful plaque-forming bacteria. Brushing your teeth twice-daily with a fluoride toothpaste helps reduce the bacteria – hence preventing plaque formation – resulting in teeth being more resistant to acids causing tooth decay. Early detection is key to helping prevent or manage oral conditions. A regular check-up by your dentist will ensure that problems such as tooth decay, gingivitis and periodontitis are identified as early as possible and any necessary action taken.

It's never too late

Know your risk and take action to protect your oral health.

How can you **Live Mouth Smart?**



Protect your oral health through life

Practice smart oral hygiene

Your mouth is important at all ages. A healthy mouth free of oral disease can be maintained by making smart choices when it comes to your oral hygiene, diet and lifestyle habits:

- **Brush your teeth for two minutes, twice a day using either a manual or electric toothbrush and a fluoride toothpaste**
- **Don't rinse with water straight after brushing, spit out any excess toothpaste instead**
- **Eat a healthy diet, with limited snacking of foods and drinks high in sugar**
- **Quit tobacco use**
- **Limit your alcohol consumption**
- **Wear a mouthguard when engaging in contact sports**

- › Rinse with a fluoride mouthwash or chew sugar-free gum after meals and snacks when brushing isn't possible
- › Visit your dentist or primary healthcare provider regularly for check-ups and cleanings

Cleaning between teeth using floss or other interdental cleaners can also be beneficial to oral health.

Take extra care in pregnancy

The nine months before your baby is born will be a busy time, but make sure you keep your oral health in mind. During pregnancy, women experience hormonal changes that can affect their gums (causing swelling or tenderness), making them more prone to gingivitis. If left untreated, gingivitis can develop into more serious gum disease which may be associated with an increased risk for preterm and low-birth-weight babies.

Make time to practice good oral hygiene to keep your mouth functioning correctly all through pregnancy.



Smart oral care for *children*

As a parent, you will learn that good oral health habits start early. Tooth decay can start as soon as the first tooth appears in your child's mouth. It is therefore recommended that you take your child to the dentist after the first tooth comes in and no later than their first birthday. While at home:

- ▶ Begin cleaning your baby's mouth during the **first few days after birth** by wiping the gums with a clean, moist gauze pad or washcloth.
- ▶ Place only **formula, milk or breastmilk** in bottles.
- ▶ **Refrain from adding any form of sugar** to the milk in the bottle.



- › **Avoid filling the bottle** with liquids such as sugar water, fruit juice or soft drinks.
- › Children should finish their bedtime and naptime bottles before going to bed. **Avoid letting your baby sleep with a feeding bottle** in their mouth.
- › **Do not dip your child's pacifier** in sugar or honey.
- › When the **first tooth starts pushing through**, start to clean your child's teeth before bedtime.
- › Encourage your child to **drink from a cup** by their first birthday.
- › If your child is younger than three-years old, **smear a small amount of fluoride toothpaste** (about the size of a grain of rice) on their toothbrush.
- › If your child is between three and six years old, **smear a pea-size amount of fluoride toothpaste** on their toothbrush.
- › **Do not use a pacifier** after your child is aged two-and-a-half years.
- › **Discourage** thumb-sucking.
- › Establish **good eating habits** from an early age, limiting the amount and frequency of sugary snacks.

Smart oral care *as you age*

As you get older, you may become more prone to developing certain oral health problems. Senior adults are at an increased risk of tooth loss, gum disease, oral cancer and other illnesses as well as denture (false teeth) problems and poor nutrition. A dry mouth can also be a problem as you age. It can be caused by tobacco and alcohol use, as well as some medications.

The effects of a dry mouth can have a significant impact on your quality of life, affecting how comfortably you can eat, speak, swallow, chew and smile. A dry mouth happens when you don't have enough saliva to keep your mouth wet. Saliva helps you carry out a number of functions and also cleanses your mouth, which lessens the effect of acids that can cause dental caries.

A healthy mouth that will last well into old age is crucial for a healthy body. The key to healthy teeth and gums when you are aged 85 is the same as it was when you were aged 65, 45 or 25:

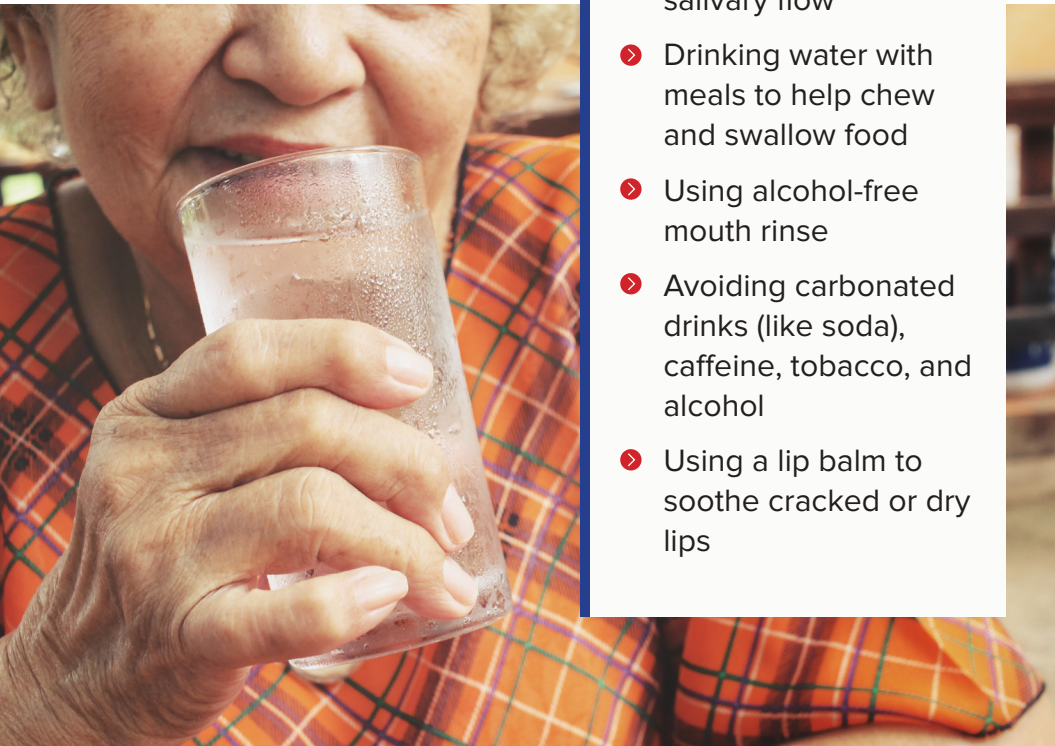
- **Practice good hygiene**
- **Avoid risk factors**
- **Visit your dentist regularly**

By understanding the oral health risks associated with ageing and taking preventive action – including eating well, not smoking and limiting your alcohol and sugar intake – you can protect your teeth and mouth for a lifetime.

Experiencing a dry mouth?

You may find relief in:

- › Chewing sugar-free gum or sucking on sugar-free hard candies to stimulate salivary flow
- › Drinking water with meals to help chew and swallow food
- › Using alcohol-free mouth rinse
- › Avoiding carbonated drinks (like soda), caffeine, tobacco, and alcohol
- › Using a lip balm to soothe cracked or dry lips



Smart mouths play Mad Mouths

Learn about oral health in a fun way by playing Mad Mouths. The game educates players on the importance of oral health by swiping away plaque, stubborn foods and harmful bacteria, while trying to avoid swiping the toothpaste. A series of oral health tips also pop up throughout the game.




<http://apple.co/1pu1AeT>



<http://bit.ly/1PbNALf>



Get involved with World Oral Health Day



**Celebrate on 20 March and join
a global movement**

Activities such as public talks, screenings, walks and runs, concerts and much more are organized by FDI member dental associations and partners across the world.

Find out how you can get involved:

www.worldoralhealthday.org

 /FDIWorldDentalFederation

 /worldentalfed

#LiveMouthSmart #WOHD17

Signs of tooth decay, gum disease and how to deal with a dry mouth adapted from the *Journal of the American Dental Association* ©Elsevier.

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