



Oral Health Foundation
Better oral health for all

ISSUE 99 | APRIL 2023 National Smile Month is just weeks away. Find out how you can get involved! In this issue you can also make yourself more familiar with World Health Day, Burning Mouth Syndrome and many more.

Editor's Welcome

Hello and welcome to a brand-new issue of Word of Mouth – the Oral Health Foundation's digital magazine.

If you aren't aware, National Smile Month - our biggest campaign about celebrating the benefits of having good oral health - is just around the corner! Find out what's on and how to take part in this issue.

We also have a report from a recent event we ran alongside Denplan, to address the crisis in NHS dental access. Held at the House of Commons, and attended by leaders in dentistry and MPs, we raised the urgent case to tackle the growing number of dental deserts around the UK.

You can also discover what happens to dental health during pregnancy and how to take care of both - mother's and the baby's - oral health.

These articles (and a couple more, of course) are now available for you to read.

Enjoy and we will see you again shortly!



Viktoriia Davydenko
Editor, Word of Mouth

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Be sure to take part in this year's National Smile Month (15 May – 15 June)

Have you heard of National Smile Month before? If not, now is the time to find out more.

Every year, from mid-May to mid-June, the Oral Health Foundation runs a major campaign - National Smile Month - it is all about championing the benefits of having good oral health.

The campaign is based on promoting four key messages for great oral health:

- Brush twice a day for two minutes, last thing at night and one other time during the day with fluoride toothpaste.
- Clean between your teeth once a day.

- Cut down on the amount of sugary foods and drinks and how often you have them.
- Visit a dentist regularly, as often as they recommend.

Maintaining a healthy smile can be harder for some people than others. Despite steps forward in our oral health over the last 40 years, the way that oral health education is delivered, and poor dental access are still obstacles in some areas of the country. So by supporting National Smile Month, this is your chance to reach more people in your community and help them to achieve better oral health by

sharing with them the simple steps to achieving a healthy mouth and body. It does not matter who you are, where you live, or what you do for a living, anyone can take part in the campaign.

National Smile Month 2023 is focusing on the importance of effective toothbrushing. The campaign is divided into 5 themed weeks:

The mouth (Week 1): you can learn all about your mouth and all the changes that happen throughout your lifetime.

The daily routine (Week 2): explains in more detail what



Dental charity calls for NHS dentistry reform

a daily routine should look like and what you can do alongside brushing to ensure your teeth and gums are clean and healthy.

Systematic disease (Week 3): discusses how oral health is linked to various health conditions that can affect not only your general health but your psychological health as well.

The environment (Week 4): explores how oral health products are made, transported, and recycled.

Last but not least, *Technology (Week 5):* examines how technologically advanced oral care products, mobile apps, and education have led to improvements in oral health.

How to take part

There are various ways you can support and get involved in the campaign, there is something for everyone!

Oral Health Foundations runs a variety of activities throughout National Smile Month. Not sure where to begin? Are you a teacher or childminder? You can always start with your classroom or the kiddo you are looking after! Why not download our free educational programme, Dental Buddy? This will take you and your kids through Dental Buddy's exciting space travels into learning about all things teeth. You can download Dental Buddy by using the following link <https://www.dentalhealth.org/dental-buddy>.

Has anyone made you smile an unusual amount recently? Is there someone in your life that never fails to make you smile? Why not make that person's day by nominating their smile for a special award? We will be selecting a winner each week to receive a special prize and who



knows, your special person may get a nice surprise, if they win! You can Nominate a Smile by clicking on the link <https://www.dentalhealth.org/nominate-a-smile>.

Now that most of us are back working in the office, why not get together with your work colleagues and do a fundraiser? This could be a great 'team building' activity, with the added benefit of raising much needed funds for charity. If you are looking for ideas for a fundraiser, have a look at the following page for some inspiration <https://www.dentalhealth.org/Listing/Site/national-smile-month/Category/nsm-fundraising>.

We have activities for the dental team plus educational professionals in all settings, or for anyone who wants to take part and learn more about dental health, how to keep our mouths clean, what can happen if we do not clean our teeth, how dentistry is working to protect the environment and new technology to help us to achieve good oral health. This will help us to deliver a rewarding and exciting National Smile Month experience for all. Please visit <https://www.dentalhealth.org/national-smile-month> to find out more about the campaign and how you can join us and get involved.

On 28 March, the Oral Health Foundation, supported by Denplan, hosted an event at the House of Commons in the Thames Pavilion Room to bring greater awareness and call to action for the preservation of NHS dentistry in the UK.

It was hosted by Paul Aldous MP with the theme of leading the discussion regarding tackling the rise of 'NHS dental deserts'.

Chief executive of the Oral Health Foundation, Dr Nigel Carter, started off the speeches in the afternoon, before introducing Peter Aldous, the Conservative MP for Waveney, Yasmin Qureshi, the Labour MP for Bolton South East followed, before and, finally, Dr Catherine Rutland, Clinical Director

at Simplyhealth and Denplan addressed the room.

MP Peter Aldous focused during his speech on how we might reduce the dental disparities that are currently affecting the UK. One of his main suggestions was to increase water fluoridation schemes throughout the country. Fluoride is a naturally occurring mineral that benefits oral health by strengthening the tooth enamel, making it more resistant to tooth decay. It is found in many foods





and in all drinking water but usually at levels too low to be beneficial to a person's oral health.

MP Peter Aldous said: "In the short-term, we must address the ridiculous system of clawback from dental contracts.

"It is estimated that up to £500 million has not been spent, but that money must be certain to stay within NHS dentistry.

"The system has collapsed over the last 25 years, but now we have the opportunity to build an NHS

dentistry service that we can be proud of, one that reflects the pride and quality of the UK's NHS."

Ms Qureshi currently undertakes the role of Shadow Minister (Equalities Office) alongside her role as Chair of in the All Party Parliamentary Group (APPG) for oral health. She stated that she was not as optimistic about the situation as her colleague. During her speech, she detailed how she herself had phoned several dental practices in her area but was unable to find any place that was taking on new NHS patients.

She said: "We must lobby the Government to work together. NHS dentistry is not a party issue but one of oral health.

"How has oral health become a separate issue; an individual subject divorced from systemic healthcare?"

Dr Catherine Rutland, Clinical Director at Simplyhealth and Denplan also raised a point about a great need for training of dental professionals to create a more effective skill mix.

Dr Rutland also spoke about member practices doing what they can to meet demand, with many treating children free of charge. She added that it is critical to get the message out that dentistry is a caring profession that should not be demonised.

The Oral Health Foundation has long called for more education and funding for the NHS in the UK. It is an integral part of the UK's health and without proper attention and funding, NHS dental deserts will become far more prevalent.

A healthy diet is an essential milestone to a healthy smile foundation.

Want to find out more about which foods and drinks are good and bad for you?

Simply click on the link below to get more information and stay on top of your diet and a healthy mouth.

www.dentalhealth.org/diet-and-my-teeth

What is a burning mouth syndrome?

Have you ever experienced a hot sensation in some parts of your mouth? Hopefully not, however, some people might experience this unpleasant feeling but not everyone realises what this sensation is.

This condition is called burning mouth syndrome (BMS) and can affect your tongue, lips, palate, or other areas all over your mouth. It is also sometimes called 'glossodynia'.

It has a neuropathic cause and occurs when there are changes in the way the nerves in the mouth send messages to the brain, for example, taste and temperature. When the brain does not understand these messages properly, it can lead to feelings of pain or burning.

BMS affects people differently. For some, the feeling starts in the morning and builds up to the peak by the evening, often easing by night-time. Some experience the burning sensation all the time, with others the pain comes and goes.

What causes BMS?

There are a couple of medical conditions that might cause BMS. Those include:

- Dry mouth.
- Acid reflux (when acid from the stomach comes up into the mouth).
- Thrush (also called 'candida'), a fungal infection in the mouth.
- Nutritional deficiencies.
- Diabetes.
- Thyroid problems (nervousness, anxiety, mood swings, and others).

Apart from medical conditions, BMS can also be caused by:

- Hormone changes.
- Problems with the immune system.
- Damage to the nerves controlling taste or pain.



- A reaction to certain types of toothpaste or mouthwashes.
- Badly fitting dentures or an allergic reaction to its materials.

I have the symptoms, what do I do?

The first thing to do is see your dentist for a check-up. They will be able to distinguish a possible cause and hopefully make some suggestions to reduce the symptoms.

If the probable issue causing BMS is thought to be a poor diet, the dental team may be able to recommend some supplements for you to take.

If poorly fitted dentures or candida are the cause of BMS, the dental team will be able to adjust, replace your dentures or prescribe medication for a fungal infection in the mouth.

If they think BMS has not been caused by a dental problem, they then may suggest you see your doctor or refer you to a specialist.

If it is not possible to see a doctor straight away, there are a couple of things you can do to ease the symptoms while you are waiting for an appointment:

- Sipping water often.
- Sucking on crushed ice.
- Chewing sugar-free gum which will help to produce more saliva and stop your mouth from getting dry.
- Avoiding spicy, acidic foods, juices, and mouthwashes that contain alcohol.
- Avoiding tobacco and alcoholic beverages.

To find out more about Burning Mouth Syndrome, head to <https://www.dentalhealth.org/burning-mouth-syndrome>.



Do a fundraiser for National Smile Month

It's almost National Smile Month again, now that has crept up quickly on everyone, hasn't it?

Every year we try to help raise awareness around how dental health can be impacted and helped by different issues. This year the Oral Health Foundation will be raising awareness about the mouth, daily routine, systemic diseases, the environment, and technology. All of these subjects will be centred around the overall theme of "Brush for better health".

Karen Coates, oral health content specialist, and dental nurse said: "With your help, National Smile Month can have long-lasting benefits on the quality of thousands of lives. Poor oral health does not just

cause problems inside the mouth. Studies continue to associate poor oral health with serious health problems such as diabetes, heart disease, strokes, pneumonia, premature babies, and other major health concerns.

"A smile is hugely important to our personalities, self-confidence, relationships, and success. A good oral health routine, and your support during National Smile Month, will help to reduce the number of people suffering from these conditions."

If you would like to take part and fundraise for National Smile Month, there are so many different fundraising activities that you can do.

One of the newest and most popular are mud runs. The fun and thrill of taking on gruelling obstacles and tackling tough terrain made up of thick mud and testing stretches of water make a far more interesting challenge compared to a sponsored silence. Something, in fact, that offices and schools can do alike!

You will be sure to have lots of good stories to tell by the end of the day and definitely need a good bath. These types of endurance events burn lots of calories so have many health benefits. It is not just about the finishing time but having fun and putting a smile on your face, a perfect symbol for National Smile Month. You can find more information on mud runs here at <https://thewolfrun.com/> or <https://toughmudder.co.uk/>. Do not forget to tell us about your sponsored event through our 'Create a fundraising event' page on our website so we can help to maximise your sponsorship and achieve your goal. If you are looking for more people to join you, this is the place to let us know. Make sure you share the event on your social media platforms so that friends and family can support your fundraising event.

Part of National Smile Month is getting healthier yourself. You could give up some unhealthy habits such as using tobacco or drinking alcohol. Doing a sponsored pledge is a great way to get your friends and family involved by asking them to sponsor you to quit. Please go to our website to arrange a fundraising page so that more people can support you in this or download an Oral Health Foundation sponsorship form to print out. Something like this takes hard work and a lot of self-control but the sense of achievement afterwards when the sponsorship money starts coming in, can be immeasurable.

If you want to do something more aligned with one of our dental themes such as technology, you could host a virtual quiz with rounds about the mouth and technology. You could even have more multiple rounds. Such as general knowledge, sport, food, or geography. Perhaps you could do more than one quiz! You can collect something as little as £1 from participants and organise the questions to be given out via Zoom or Skype. Once you have sorted the logistics, tell us about it! Create a fundraising page and get in touch with us by emailing pr@dentalhealth.org. We are happy to help you promote your fundraising efforts and encourage people to take part.

If you decide to support National Smile Month, we hope that you enjoy your activities and your smile. Everyone deserves a healthy smile and good dental health for life.

Achieving good dental health in autism

Parents and carers of children with autism are aware that maintaining oral hygiene and dental health can be challenging. Autism Awareness Day has highlighted the struggles and achievements of autistic people around the world whilst raising awareness of autism in society.

Some people with autism may have to take medicines that may be high in sugar or reduce saliva flow in the mouth. In these cases, make sure to tell your dental team about this. They can then recommend ways in which to reduce the impact on your or their dental health. For example, increasing water intake throughout the day by keeping a water bottle with you or cutting down on the amount of other sugar in food. This can be hard as often sugar can be disguised in everyday foods.

Dr Ben Atkins said: “There is a real problem in getting everyone to recognise when there are hidden sugars in food or drink which people perceive to be “healthy”, especially in things like smoothies and fruit juices which are currently very fashionable.

“Many of us are just not aware of the very high levels of sugar in some of these and that is a huge problem when it comes to our oral health.

“Sugar causes teeth to decay as it reacts with the bacteria in the mouth, forming acid which attacks the tooth surface. Tooth decay will usually require intervention and treatment from a dentist which could be either removing the decay and filling the tooth or in extreme cases, even having the tooth removed.

“All health professionals need to provide consistent and accurate information to consumers about the dangers of hidden sugars in easily available foods and drinks, that can have an effect on many aspects

of our health, including obesity and diabetes.”

One of the other areas that are often overlooked, is how to help those with autism take care of their dental health, either by themselves or with help from parents or carers. Brushing teeth and visiting the dentist can be a very stressful, traumatic experience due to the sounds, smells, tastes, and appearance of the dental team in masks and protective glasses or visors.

Every autistic person is different and what affects one may not bother another. Common triggers



such as changes in routine and sensory differences can be reduced with planning and forethought. Most of it, even with children, can be helped by telling them what is going to happen. For example, telling a week in advance that they are going to the dentist, letting them have a look around the practice (if possible) before going to the appointment, and spreading treatment out across multiple short appointments to avoid prolonged stress/discomfort with long periods in the chair.

If you struggle to describe what happens at the dentist, we recommend a book called ‘My First Trip to The Dentist’ which can help explain what will happen, what to expect, and why they need to go to the dentist.

This can help to build up trust and ease with the practice itself and the staff present. If you can also provide the dentist with as much information as possible about their medical history, needs, behaviour, and sensitivities so they are fully aware and prepared. Whether an adult or a child, holding their hands throughout the appointment to provide support and to avoid flapping/rocking during treatment can also ease the process.

Getting into a routine, particularly at night, can also really help to develop better oral health. Brushing for at least two minutes with fluoride toothpaste last thing at night and another time during the day, can help to prevent tooth decay and gum disease. This means that over the course of a lifetime less invasive treatment is needed and saving everyone time, money and keeping them pain-free.

Having the correct toothbrush and size for them too can also help. Let them pick their toothbrush and get familiar with the sensation of it in their hands and their mouth. Positive reinforcement, particularly if they are a child, can also help. For example, after they have brushed their teeth, they get their favourite story read to them or a favourite toy.

Autism can affect everyone in different ways and the best way forward is to try to tailor an individual approach for to everyone. If you would like more information on autism or dental health then please visit <https://www.dentalhealth.org/Pages/Category/all-oral-health-information> or <https://www.autism.org.uk/> to find out more.

King hands out Maundy money to John Siebert

On the Thursday before Easter in York Minster, King Charles handed out Maundy money to select men and women gathered in the cathedral. Among those honoured was John Siebert, the past president of the Oral Health Foundation.

John Siebert was president between 2012 and 2013, having been a trustee of the charity for many years (2002-2016). He has had a successful career in publishing, with one of his former roles including Chairman at George Warman Publications.

For most of his life, he has been dedicated to supporting and volunteering for charities. In addition to his work with the Oral Health Foundation, John is a Trustee with the Fernhurst Furnace Trust, United World Schools, The Lightbox Museum and Gallery, and Friends of Chichester Cathedral.

Maundy money has traditionally been given out at different cathedrals across the country every year. This ancient tradition is believed to have started as early as 600AD, but the first recorded ceremony was in 1210 at Knaresborough.

The monarch handed John Siebert a white and red purse during the service. The white purse contained Maundy coins equivalent in value to the King's age. The red purse contained two commemorative coins, one to mark the King's forthcoming 75th birthday, the other to mark the 75th anniversary of the arrival of West Indian workers on the Empire Windrush at Tilbury Docks, in Essex, and their contribution to multi-racial Britain.

These purses were given with specially minted coins to 74 men and 74 women, the number referring to the King's age. The Maundy service always takes place on Thursday ahead of Easter Sunday. During her 70-year reign, the late Queen presented Maundy Money at every Anglican cathedral in England.

We congratulate John on receiving this prestigious recognition for all his great work, in supporting the various charities that he has been involved with. We are extremely proud of all that he has done for the Oral Health Foundation, over the years.

Every penny
goes towards
helping people
achieve a
healthy smile.

Everybody deserves to have good oral health.

By donating to the Oral Health Foundation you are helping the most vulnerable people to achieve a healthier life through better oral health. Every penny counts. Please donate today.

www.dentalhealth.org/donate

Dental care for mother and baby

When a woman is having a baby, her dental health can suffer during pregnancy.

Will my teeth and gums get damaged during pregnancy?

Despite all the rumours about pregnancy causing tooth loss due to lack of calcium, this is an 'Old Wives Tale' and untrue. However, your gums may become sore and swollen during pregnancy and bleed more easily. This happens because of hormonal changes in your body.

Is dental treatment safe during pregnancy?

It is and there should be no problems with routine treatment. However, if you are not sure what the treatment would involve and are having doubts, talk through the various options with your dentist.

Because of the hormonal changes in the body which can affect the gums, some women's dental health needs more care during pregnancy. Therefore you must try to keep your teeth and gums clean and visit your dentist or hygienist regularly. The dental team will be able to thoroughly clean your teeth to remove any calculus which could be irritating them and making the swelling and soreness worse.

Usually, dentists will try to avoid taking dental

x-rays during pregnancy, however, if you need root canal treatment, your dentist may need to take an x-ray to check the length of the roots of your tooth.

Diet, smoking, and alcohol

Smoking and alcohol consumption will be harmful to both the mother and the unborn baby. They can lead to an underweight or premature baby and follow up with adverse effects on the baby's overall and mental health.

A good diet is important for both you and your baby's dental health. A healthy, balanced diet with plenty of calcium from dairy products will help the baby to have strong bones and healthy teeth. It is better to have three nutritious meals a day, with up to plus two snacks to avoid acid attacks on your tooth enamel by continuous snacking. Try to avoid sugary and acidic foods and drinks between meals. This will protect your teeth against decay.

Teething, feeding, and first visit to the dentist

Your baby's first teeth should start to appear at around 6 months old and will continue until all 20 baby teeth come through normally by the age



of two and a half. At around 6 years old, the adult teeth will begin to appear, this starts with the first permanent molars which appear behind the last 'baby' tooth. The adult teeth will continue to come through until all the adult teeth, except the wisdom teeth (these usually erupt at around 18-24 years), have come through at around 14 years old. Most children will suffer from some teething pain. Some may have a fever and their cheeks might redden and feel warm to the touch. However, there are special teething gels that you can use to help reduce the pain.

For more information on children's teeth, visit <https://www.dentalhealth.org/childrens-teeth>.

Breast milk is the best food for babies, and it is recommended that you just give your baby breast milk during the first 6 months of its life. At 6 months old, babies can start eating some solid foods. Foods that do not contain sugar are better for your baby's teeth. Try to stick to cheese, pasta,

and vegetables, and make sure to give them only water or milk instead of sugary or acidic drinks such as fruit juice or squashes, which can cause decay. You should still keep breastfeeding, or give breast milk substitutes (or both), after the first 6 months.

If you bottle-feed, you must sterilise the bottle properly. Some breast milk substitutes contain sugar, so make sure to clean your baby's teeth after the last feed at night. Try to leave an hour after the feed before cleaning your baby's teeth. Never add sugar or put sugary drinks into the bottle. Bottle feeding with drinks containing sugar can lead to 'bottle caries' (tooth decay). A baby is not born with a sweet tooth and will only have a taste for sugar if it is given at an early age.

The baby's own check-ups can start any time from about 6 months or from when the first tooth starts to appear. Ideally, a baby should have had their first dental visit by the age of 1 year old. It is worth

discussing the visit with your dental team first, or you could take your baby to your own routine check-up. This can help the baby to get used to the surroundings. Your dental team will advise and recommend medicines for teething pains and will answer any questions you may have.

How to clean a baby's teeth?

You will have to clean your baby's teeth as soon as their first 'baby' tooth begins to appear through the gum. You should supervise your child's toothbrushing until they are at least 7 years old.

Here is a quick guide on how to clean your baby's teeth:

- Use a piece of clean gauze or wrap some cloth around your forefinger. You will need to switch to a baby toothbrush as more teeth appear.
- Use a pea-sized smear of fluoride toothpaste and gently massage it around the teeth and gums.
- To make cleaning easier, cradle your baby's head in your arms in front of you.



It is important to perform this routine twice a day with toothpaste that contains at least 1000 ppm (parts per million) of fluoride up to the age of 3 years old. After 3 years old, switch to 1350-1500 ppm toothpaste. Make sure the child spits out the excess toothpaste but does not rinse their mouth so that they get the optimum benefits of fluoride on their teeth.

For more information about dental care for mother and baby, please visit <https://www.dentalhealth.org/dental-care-for-mother-and-baby>.

World Health Day - a reminder why oral health is crucial to overall wellbeing

World Health Day was celebrated on the 7 April organised by WHO (World Health Organisation). On 7 April 2023, WHO marked its 75th anniversary, along with its 194 Member States and other partners, by calling for a renewed drive for health equity.

According to WHO, oral diseases are among the most common noncommunicable diseases worldwide, affecting an estimated 3.5 billion people. Oral diseases are linked to many other areas of the body and overall health. Often these diseases negatively impact people in communities with fewer advantages and access to resources.

The World Health Assembly approved a Resolution on oral health in 2021 and followed it up the next year with a global strategy on oral health with a vision of universal health coverage for oral health for all individuals and communities by 2030,

especially regarding primary health care. Primary health care is the first health care contact for most people. It is mainly provided by GPs, but also community pharmacists, opticians, and dentists are also primary healthcare providers.

Dentists and other members of the dental team can impart a great amount of knowledge about current dental issues and decisions people in the community can make. The Oral Health Foundation believes that this is incredibly important as this gives communities around the world better education and knowledge about how to take care



of their teeth and start more preventative care measures. This includes the concentration of fluoride in drinking water both in the UK and across the globe. Fluoridation of tap water is a great way to help everyone in a community have better dental health. Taking on the ideas of World Health Day, we would encourage everyone in the UK to write to their MPS to ask for a more UK-wide fluoridation program.

Karen Coates, oral health content specialist, and dental nurse said: “Children living in poorer areas where the water supplies are not fluoridated can have 5 times more decay than children living in more affluent or fluoridated areas. Research suggests that adding fluoride to the water is the best way of reducing these ‘dental inequalities’.

“People who are against fluoridation claim they have firm evidence that fluoride added to water is harmful. However, scientific analysis has not supported their claims.

“Worldwide, over 300 million people drink

fluoridated water supplies. Many millions more use fluoride toothpaste regularly. In the USA for example, well over 70% of the population has fluoridated water supplies. This has led to improved levels of dental health which in turn benefits general health.”

There are many different risks that can increase the likelihood of developing different oral diseases. Those include high sugar consumption, tobacco usage, alcohol use, and poor oral hygiene. There are a few ways that most people can stay on top of their dental health by taking on a few good healthy habits.

This includes keeping a low-sugar diet. This can be much more complicated than it seems. For instance, often people do not realise the amount of sugar that is hidden in food. Reading the labels on the back of the packaging can help to stop taking in sugar that you do not need.

Tobacco and alcohol use can negatively impact the mouth and teeth and increase the risk of mouth

cancer. Anyone can be affected by mouth cancer, whether they have their own teeth or not. Mouth cancers are more common in people over 40, particularly men. However, research has shown that mouth cancer is increasing in younger patients and in women. There are more than 640,000 cases of mouth cancer diagnosed each year worldwide and it is the eleventh most common cancer.

In some countries there is an increased risk because of problems such as tobacco chewing - in India, for example - and the rates are even higher. There are, on average, almost 7,800 new cases of mouth cancer diagnosed in the UK each year. The number

of new cases of mouth cancer is on the increase, and in the UK has increased by over half in the last decade alone. Taking steps to stop or even reduce the amount of alcohol or tobacco can seriously help your overall body and dental health.

World Health Day may have passed but we can still take its core values and use them to create a happier and healthier world by implementing some of these suggestions. Remember to always brush your teeth for two minutes last thing at night and at least one other time during the day with fluoride toothpaste and you can help to protect and improve your dental health now and in the future.





WORD OF MOUTH

Magazine

We want to know what sort of content you want to see!

Would you like to know more about gum disease? How about a Q&A with one of our dental experts to answer some of your burning questions? Or perhaps you want to hear more about our fantastic range of educational resources?

Let us know by emailing pr@dentalhealth.org



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Foundation**
Better oral health for all