



**Manchester Local
Care Organisation**



Mouth Care Matters at any age

Dental health, is it important?

- Good dental health is an important part of overall health and well being.
- The impact of poor dental health:
 - ❖ Pain
 - ❖ Sleepless nights
 - ❖ Days lost from school and work
 - ❖ Speech problems
 - ❖ Failure to thrive
 - ❖ Teeth taken out



Experience of dental decay in 5-year-olds local authorities in the North West of England. (2019)

Local authority	Prevalence of experience of dental decay (%)
Blackburn with Darwen	50.9
Oldham	43.2
Rochdale	40.7
Salford	39.0
Manchester	38.3
Liverpool	37.0
Knowsley	35.4
Bury	35.2
Blackpool	33.4
Tameside	33.1
Bolton	32.7
Wigan	31.9
NORTH WEST	31.7
Lancashire	30.4
Sefton	29.4
Halton	27.0

Tooth
decay is
risky
business

Who is at risk from their
teeth going bad?

Everyone is at risk if sugar is
drunk or eaten lots of times
during the day and or at
night.



Healthy mouth



Early signs of decay



Gross dental decay



Broken down
teeth/exposed roots

The decay journey



What causes teeth to go bad?

Sugar and tooth decay

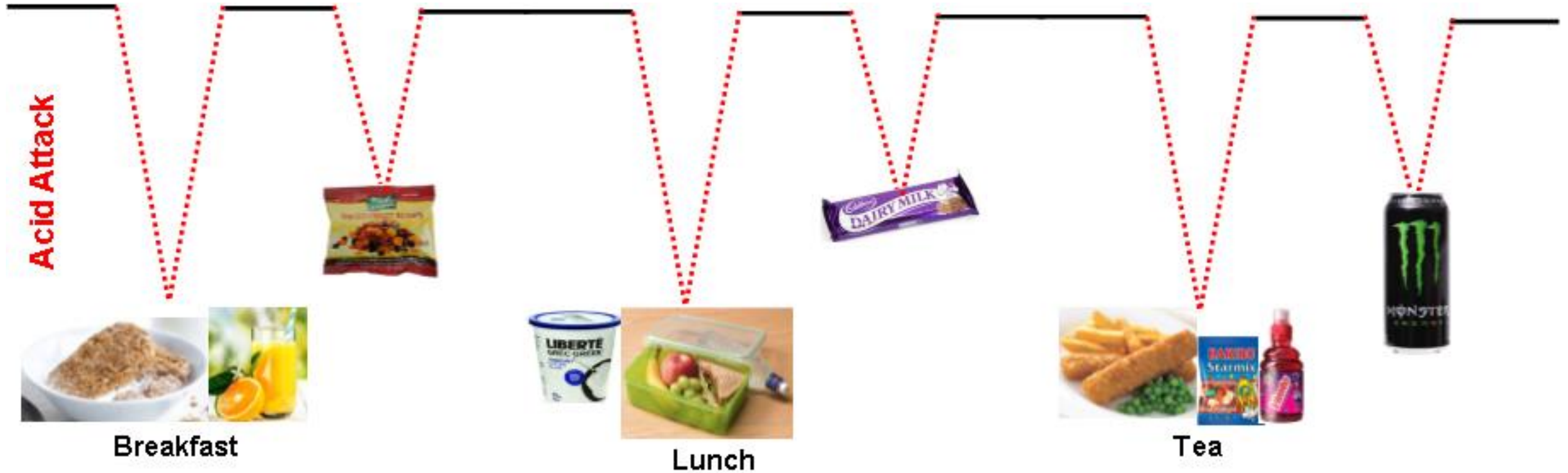
- Sugar causes tooth decay.
- It's not just about the amount of sugar in foods and drinks but how long and how often the teeth are in contact with sugar.
- Sugars found naturally in whole fruit and milk are less likely to cause tooth decay.



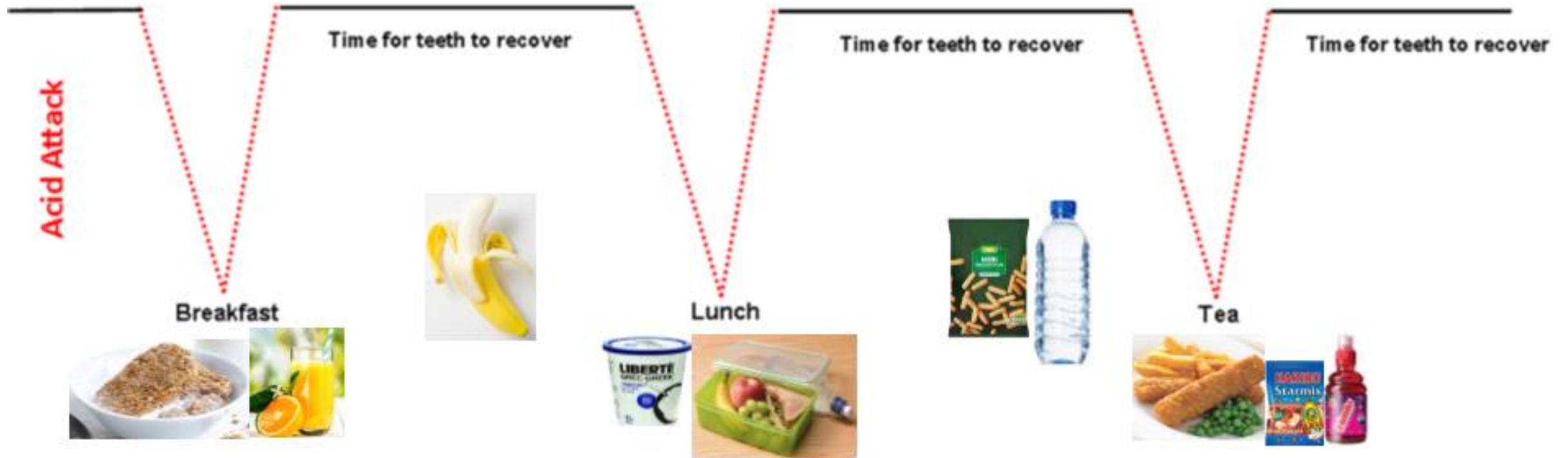
How does tooth decay happen



Acid attacks in one day *without* sugar free snacks and drinks



Acid attacks in one day with sugar free snacks and drinks



A major cause of decay in young children is....

- Drinks containing sugar
- Water and milk are the safest drinks for teeth
- Anything else should be with a meal
- Never last thing at night before bed



Reduce the
amount of foods
and drinks
containing 'free
sugars'

Public Health England

Healthmatters Sugar and tooth decay

Sugars in foods and drinks are the major cause of tooth decay



Reduce the amount of foods and drinks that contain "free" sugars
Swap sugary drinks for water or plain milk to prevent tooth decay

The infographic is divided into two main sections. The left section, marked with a large white 'X', shows items to be reduced: a glass of orange juice with a lime, a donut, a slice of cake, a can of soda, and a can of juice. The right section, marked with a large white checkmark, shows items to be swapped for: a glass of water with a straw, a glass of plain milk, a red apple, a yellow banana, and a green apple.

Look out for
different
names for
sugar

- Glucose
- Sucrose
- Dextrose
- Maltose
- Glucose Syrup
- Treacle
- Honey
- Brown Sugar
- Concentrated fruit juice
- Fructose



Always check
the label

Promote healthier snacking



- Keep foods and drinks containing sugar to mealtimes
- Milk and water are the only safe drinks for teeth

Healthy snacks

- Fruit (not dried)
- Vegetables
- Bread based foods
- Cheese based foods



What else can
we do to reduce
tooth decay?

Brush with a
family fluoride
toothpaste

Why should we brush teeth and gums?



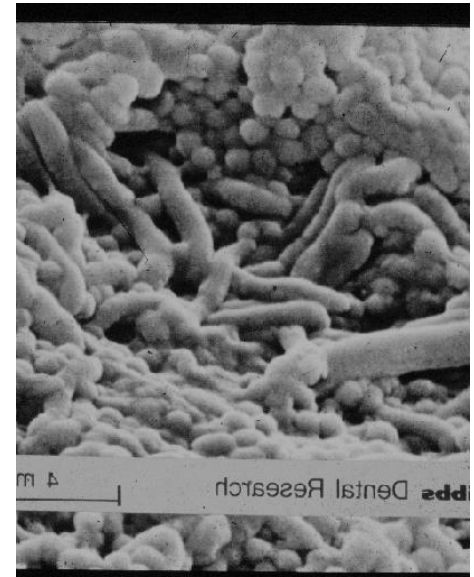
To remove the sticky film of plaque bacteria which forms on everybody's teeth and gums



This will minimise the risk of gum disease



To add fluoride to the teeth to help control tooth decay / bad teeth



Plaque under a microscope



Disclosed plaque on teeth

Family Fluoride Toothpaste

CI 73360.
Contains: Sodium Fluoride 0.306% w/w
(1400 ppm fluoride).
The ends of this carton have been glued down

Fluoride helps
to strengthen
teeth

Fluoride works by
repairing and
remineralising
enamel.

Be sure the
toothpaste has at
least 1400 ppm
fluoride

Brush teeth as soon
as they appear in
the mouth



Only have 1000ppm

.....choose family fluoride toothpaste.....



Just a smear for under 3s



A pea-sized blob for over
3 years

Do not let children eat or lick toothpaste from the tube

Don't Forget!!!!



Spit



Don't rinse

How can School Help?

- Promoting healthy snack time and lunch boxes
- Water or milk to drink in school
- Encouraging no sweets for birthday treats
- Brushing once a day at school



Health Matters: Supervised Toothbrushing



Targeting supervised tooth brushing to childhood settings in areas with high levels of tooth decay will help reduce oral health inequalities

This helps to encourage children to brush their teeth from a young age and supports home brushing

Fluoride toothpaste has been shown to prevent tooth decay





**Toothbrushing
can be a
challenge!!**



Tips to help with Toothbrushing

- Brush at different times: bath time, getting dressed
- Mimic brushing your own teeth so they can see you and sees physical prompt.
- Try brushing together or with siblings
- Distraction – watch toothbrushing app on phone/tablet
- Play music or sing to distract child
- Toothbrush chart



Some ideas for birthday treats

- Party masks – Available from Amazon
- Pencil toppers/erasers
- Birthday stickers – great value, will last a few birthdays
- Colouring sheets are free to download and print out



Party Masks – 12 for £3



Pencil Toppers – 50 for £5



Birthday Stickers – 500 for £7

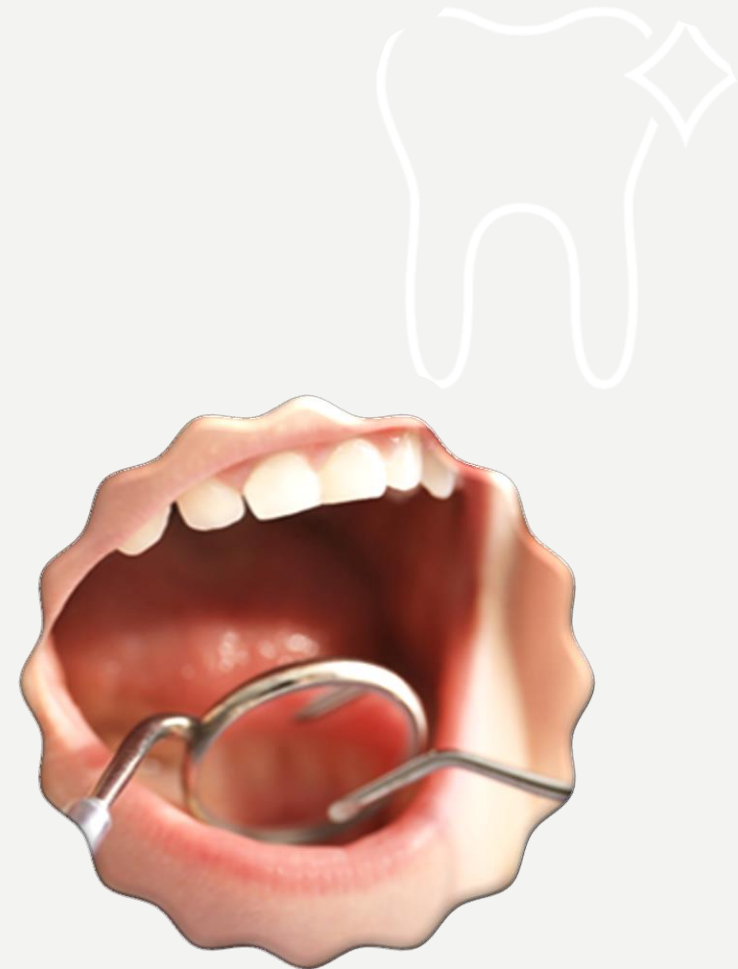


Colouring sheets – Free to download

NEED TO FIND AN NHS DENTIST?

If a parent does not have a dentist for themselves or their child they can access the ***NHS UK: www.nhs.uk or ring 111***

They need to give the family home postcode and they will give a list of dentists close by who are taking on NHS patients.



URGENT NHS DENTAL CARE FOR PEOPLE WHO DO NOT HAVE A DENTIST

Greater Manchester area:

- Telephone 0333 332 3800

Thank you for your participation

Any Questions?

