

# CHILDREN'S ORAL HEALTH



Healthy Mouth  
Healthy You

## Preventative care is critical

- Brushing teeth twice a day
- Balanced diet
- Regular dentist visits
- Flossing regularly

## Tooth decay is the single most common chronic disease in children

Most oral health conditions are largely preventable and can be treated in their early stages

## Children free from dental pain are more likely to have improved concentration

Children are more likely to miss school due to tooth pain/infection

**0-12  
Months**

- First tooth erupts
- First dental visit
- Caregiver: Begin brushing your child's teeth with a soft brush after their first tooth erupts

**1-3  
Years**

- More primary (baby) teeth continue to come in
- Visit the dentist for preventative care (cleaning and check-ups) every 6 months
- Caregiver: Begin flossing your child's teeth

**4-8  
Years**

- Start using primary teeth and first permanent molars erupt
- Preventative dental sealants may be needed
- Continue preventative dental care every 6 months

**9-14  
Years**

- Most children have lost all primary teeth by age 13
- Orthodontics may be recommended
- Continue preventative dental care every 6 months

# MAKING HEALTHY CHOICES



Healthy Mouth  
Healthy You

## Daily choices impact both oral and physical health, including:

- Proper dental care (brushing and flossing)
- Regular dental and medical check ups
- Balanced choices

## Balance plays an important role in your oral health

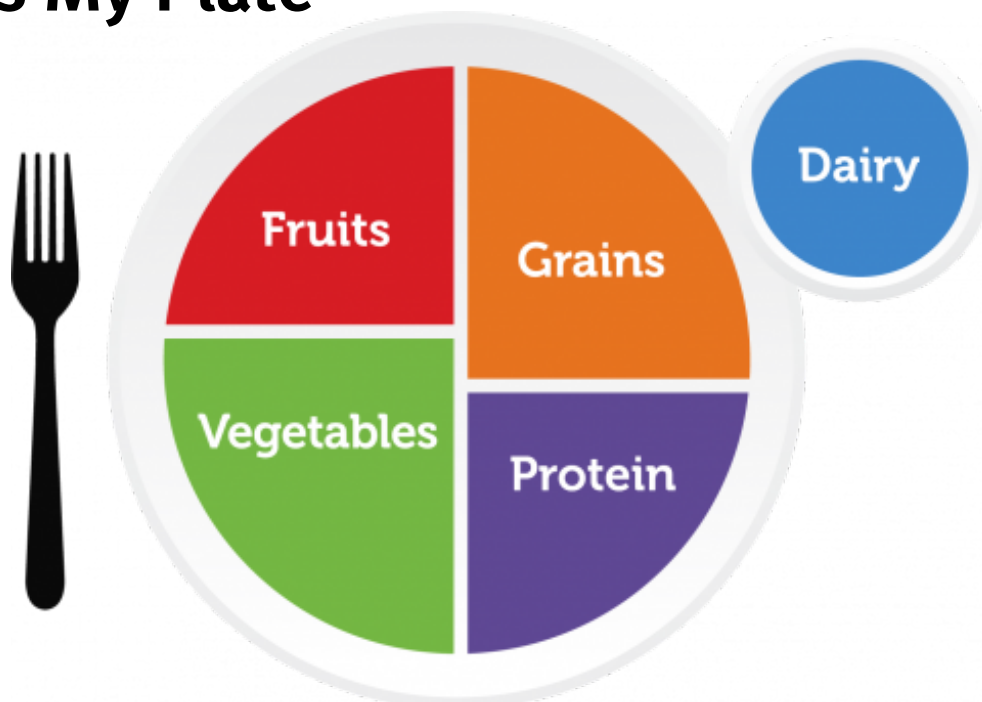
By making balanced decisions, you are able to focus on the impact that your choices have on oral health

## Daily choices impact oral health and overall health

- Limit sticky foods like candy
- Drink fluoridated water each day
- Choose a diet of balanced food choices from the food pyramid
- Maintain optimal oral health by brushing and flossing teeth each day

By focusing on how much you consume and balancing your intake choices, you can create healthy oral habits

## USDA's My Plate



# ORAL HEALTH IMPACT ON WHOLE BODY HEALTH



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Good oral health leads to positive mental health

A healthy smile provides confidence, helping you carry out your everyday activities, including going to work and school

Infections in the mouth can lead to severe health concerns throughout the body

## MAKE THE CONNECTION: The link between Oral and Body Health



### Did you know?

Oral Health affects the whole body:

Bacteria built up on teeth can cause infection of the gums which can then enter the bloodstream, travelling throughout the body.

Complications of poor oral health may include increased risk of:



- Pneumonia
- Aggravation of diabetes
- Stroke
- Blood infection
- Osteomyelitis
- Heart disease
- Frailty
- Dementia

### Preventative and Protective Measures:

- Call your dentist if any change in the tissues of your mouth persists beyond 14 days
- Floss natural or replacement teeth at least once a day
- Use toothpaste containing fluoride
- Visit a dentist at least every six months and bring a list of the medications you are taking at every visit
- Brush natural or replacement teeth at least twice daily



# TOBACCO USE AND E-CIGARETTES



Healthy Mouth  
Healthy You

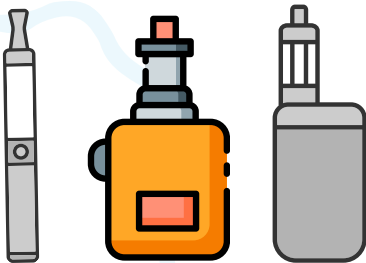
Reducing the use of tobacco use can reduce the rate of oral cancer, gum disease, and other chronic illness

- Use of tobacco is associated with increased risk of oral cancer
- Can cause gray patches in the mouth

Adults aged 65 or older who smoke cigarettes are twice as likely to have untreated tooth decay as those who have never smoked (CDC)

E-cigarettes do contain tobacco and can cause major harm to your oral health

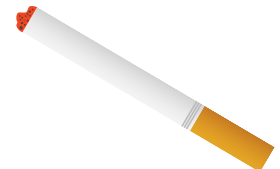
## TANKS & MODS



## RECHARGEABLE E-CIGARETTE



## DISPOSABLE E-CIGARETTE

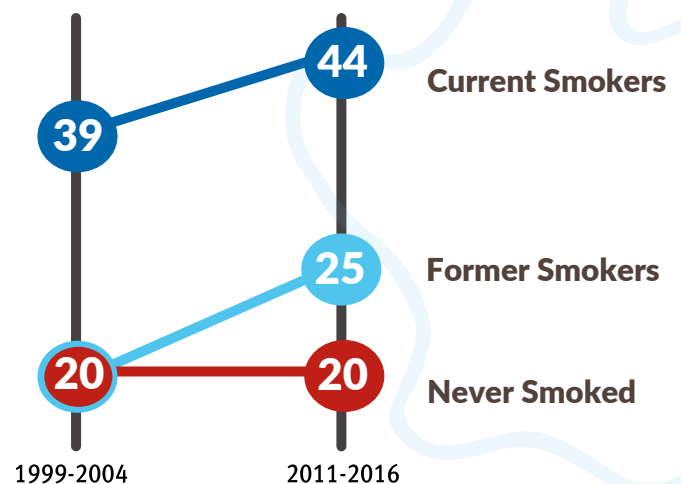


Untreated tooth decay is  
higher in people who  
smoke cigarettes

Among adults aged 20-64 years,  
over 40% who currently smoke  
cigarettes had untreated tooth decay.



Percentage of adults aged 20-64  
with untreated tooth decay



# AT-HOME SCREENINGS AND ORAL CANCER



Healthy Mouth  
Healthy You

**It is important that you conduct monthly self-exams for Oral Cancer**  
**Early detection is key**

- If oral cancer is discovered early, the cure rate is nearly 90%



## **Step 1: Tongue 'n Gauze**

Remove dentures and pull-out tongue with gauze, visually examining it for variation in size, color or texture.

## **Step 2: Double-Digit Probe**

With one finger inside mouth under the tongue, probe against pressure from the other hand under the chin.

## **Step 3: Neck Caress**

Press from behind ear down to clavicle. Feel for lumps or enlarged lymph nodes in both sides of your neck.

## **Step 4: Lip & Cheek Roll**

Feel and look for abnormal lumps or bumps and white or red areas.

## **Step 5: Palate Tickle**

Check for soft area on the hard palate. Look and feel for abnormal bumps and discoloration.

## **Step 6: Tonsil Ahhhhhh**

Using a tongue depressor or dental mirror, examine tonsils for symmetry, enlargement, redness or unusual bumps.