

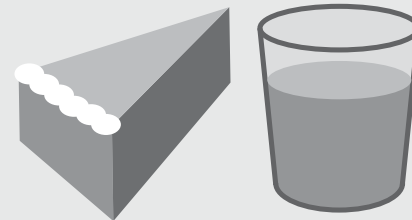


Think
Teeth!

Ask:
Do you have
a dentist?

Mouth problems
can be prevented
by acting early

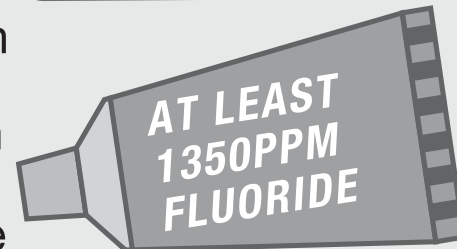
Limit sugary
foods and
drinks to
main meals



Try a
powered
toothbrush



Use a high
fluoride
toothpaste



Brush teeth
and gums
twice daily

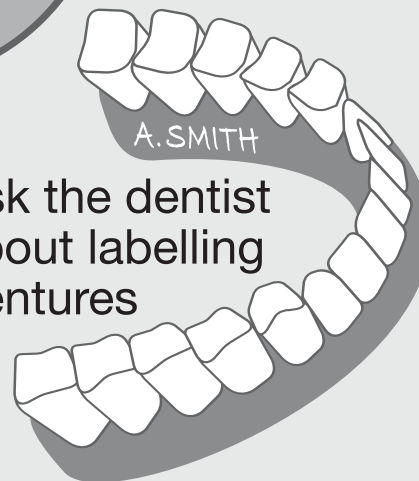
Do not
rinse after
brushing



A painful or
infected mouth,
loose teeth,
poor diet and
dehydration can
all impact on
mood, behaviour,
wellbeing and
general health

A healthy mouth
helps with
eating, drinking,
speaking and
socialising with
dignity and
without pain

Ask the dentist
about labelling
dentures



Medicines
can cause oral
side-effects

Consider
sugar-free

