Summary

- Reduce sugary foods and drinks intake
- Increase plain water intake
- Brush your teeth twice a day and floss daily
 - > For dentures, wash it often after meals and avoid wearing it to sleep
- Eat a balanced diet and limit snacking between meals
- Have routine dental check-up once every 6 months
- Avoid smoking





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Community Health

Basic Oral Health

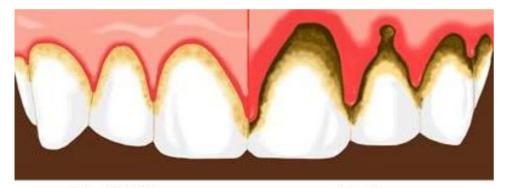


Why is Dental Care Important?

In Singapore, a recent survey conducted had stated that more than 80% of the population showed some signs of gingivitis (mild gum disease)¹.

Plaque and Tartar

- Dental plaque is a soft, sticky film made up of bacteria, saliva and food debris that forms on our teeth.
- Bacteria converts sugar and carbohydrates in food particles into acids.
- Tartar will form if left untreated.



Dental Plaque

Tartar

Image retrieved from: https://www.healthhub.sg/a-z/diseases-and-conditions/496/gum_periodontal_disease_hpb

Gum (Periodontal) Disease

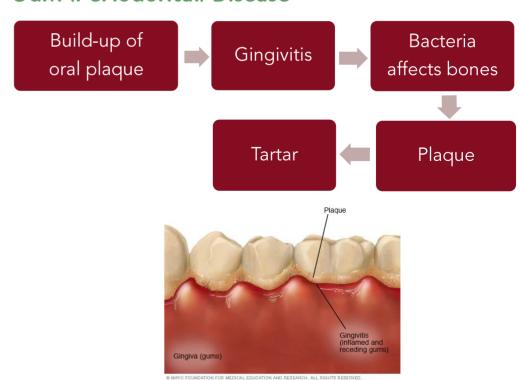


Image retrieved from: https://www.mayoclinic.org/diseasesconditions/gingivitis/symptoms-causes/syc-20354453

Symptoms of Gum Disease

- Gums that bleed easily
- Reddened gums
- Bad breath
- Swollen, puffy gums
- · Receding gums
- Longer-looking teeth
- Change in fit of partial dentures
- Spaces between teeth
- Loose teeth

References

1.Geriatrics (Elderly) and Periodontal Disease 1 Geriatrics and Periodontal Disease. (n.d.). Retrieved from http://theoralcarecentre.com.sg/geriatrics-elderly-and-periodontal-disease-1/