

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



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.

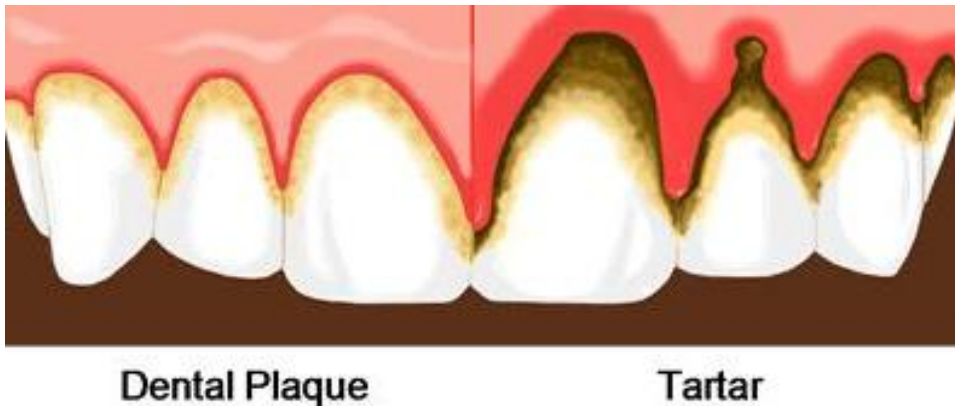
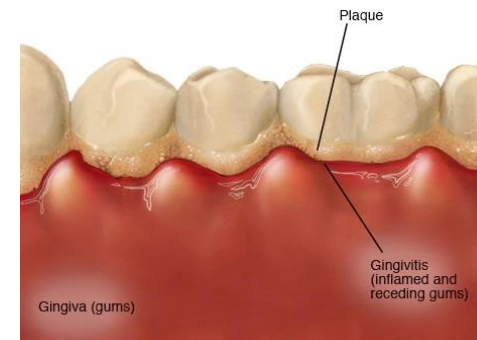
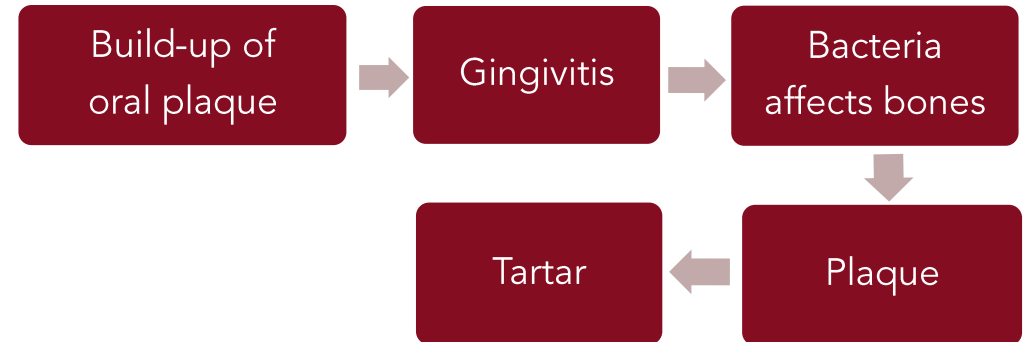


Image retrieved from: https://www.healthhub.sg/a-z/diseases-and-conditions/496/gum_periodontal_disease_hpb

Gum (Periodontal) Disease



© MAYO FOUNDATION FOR MEDICAL EDUCATION AND RESEARCH. ALL RIGHTS RESERVED.

Image retrieved from: <https://www.mayoclinic.org/diseases-conditions/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/>