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You can obtain the service of an interpreter or have this document translated in your own language by contacting the interpreting services on 0845 130 1170. These services are available free of charge.

ਤੁਸੀਂ, 0845 130 1170 ਤੇ ਦੁਭਾਸ਼ੀਆ ਸੇਵਾਵਾਂ (interpreting services) ਨੂੰ ਸੰਪਰਕ ਕਰਕੇ ਇਕ ਦੁਭਾਸ਼ੀਏ ਦੀ ਸੇਵਾ ਜਾਂ ਇਸ ਦਸਤਾਵੇਜ਼ ਦਾ ਆਪਣੀ ਥੋਲੀ ਵਿਚ ਅਨੁਵਾਦ ਲੈ ਸਕਦੇ ਹੋ। ਇਹ ਸੇਵਾਵਾਂ ਮੁਫਤ ਹਨ।

آپ 0845 130 1170 پر انٹرنیٹ پر سروس سے رابطہ کر کے کسی مترجم کی خدمات حاصل کر سکتے ہیں یا اس دستاویز کا ترجمہ اپنی زبان میں کرا سکتے ہیں۔ یہ خدمات مفت دستیاب ہے۔

您可以通過撥打翻譯服務熱線 0845 130 1170 取得翻譯員服務或得到此文件的翻譯版本。 這些服務都是免費的。

Galite prasyti vertejo paslaugu arba gauti sita dokumenta isversta 1 jusu kalba kreipdamiesi I musu vertimo paslaugu biura skambindami 0845 130 1170. Sitos paslaugos yra nemokamos.

يمكنك الحصول على خدمة الترجمة الفورية أو القيام بترجمة هذه الوثيقة إلى لغتك الأصلية عن طريق الإتصال بخدمات الترجمة الفورية على رقم 0845 130 1170. هذه الخدمات متاحة مجاناً بدون أى مقابل مادي.

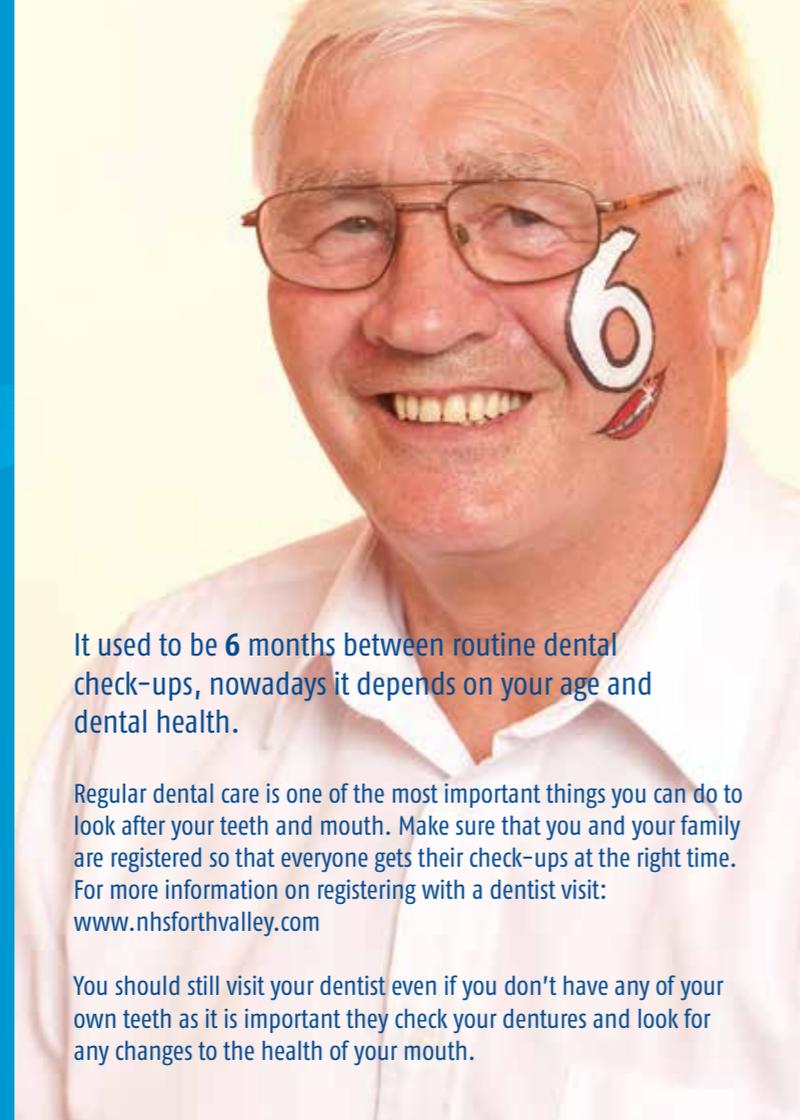
Dzwoniąc do biura tłumaczeń pod numer 0845 130 1170 możecie Państwo prosić o tłumacza albo otrzymać ten dokument przetłumaczony na wasz język ojczysty. Powyższe wymienione usługi są darmowe.

For more information please visit:
www.nhsforthvalley.com/healthpromotion
www.child-smile.org.uk

or email: FV-UHB.ChildsmilePracticeTeam@nhs.net



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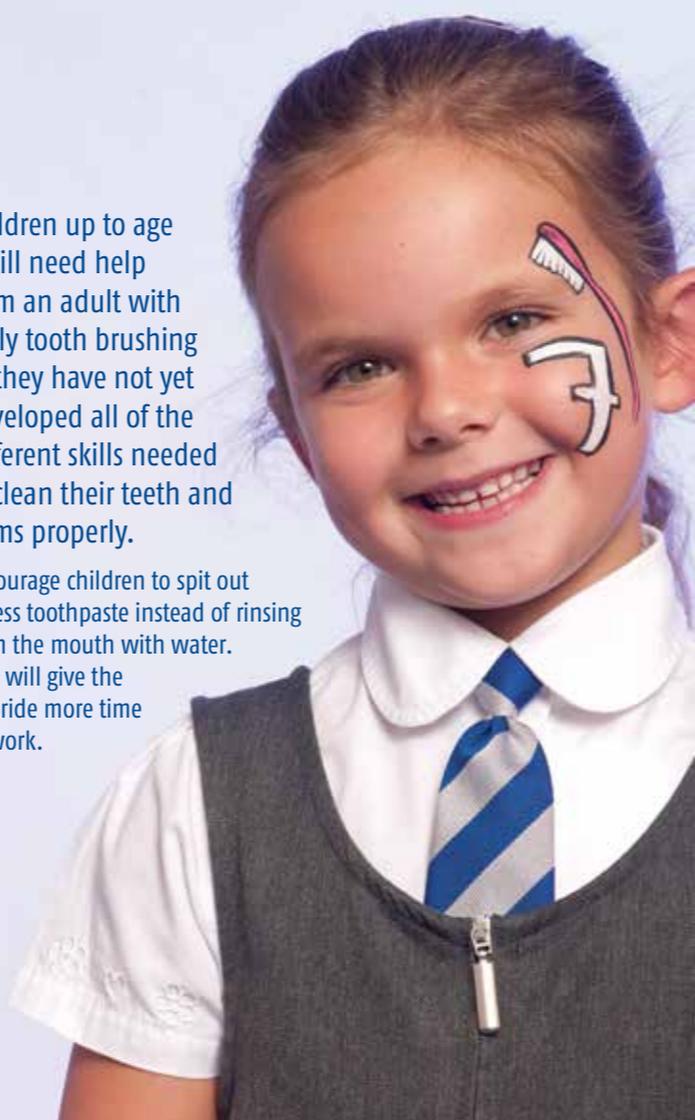
It used to be **6 months** between routine dental check-ups, nowadays it depends on your age and dental health.

Regular dental care is one of the most important things you can do to look after your teeth and mouth. Make sure that you and your family are registered so that everyone gets their check-ups at the right time. For more information on registering with a dentist visit: www.nhsforthvalley.com

You should still visit your dentist even if you don't have any of your own teeth as it is important they check your dentures and look for any changes to the health of your mouth.

Children up to age **7** still need help from an adult with daily tooth brushing as they have not yet developed all of the different skills needed to clean their teeth and gums properly.

Encourage children to spit out excess toothpaste instead of rinsing from the mouth with water. This will give the fluoride more time to work.



Around **1000 - 1500** parts per million fluoride is the strength of toothpaste that children should use to protect their teeth against dental decay.

Sometimes toothpaste has less fluoride than this so always check the back of the toothpaste box to make sure your child is using the correct strength of fluoride toothpaste. Using an incorrect strength of toothpaste may affect the development of a child's adult teeth.



Around **1500** parts per million fluoride is the strength of toothpaste that adults should use to help protect their teeth against dental decay.

Toothpaste can contain different amounts of fluoride so always check the back of the toothpaste box to make sure that you are using the correct strength of fluoride toothpaste.



Make Your
**SMILE
COUNT**

NHS
Forth Valley



Make Your Smile Count

**The Numbers that add up to a
Healthy Mouth for You and Your Family**



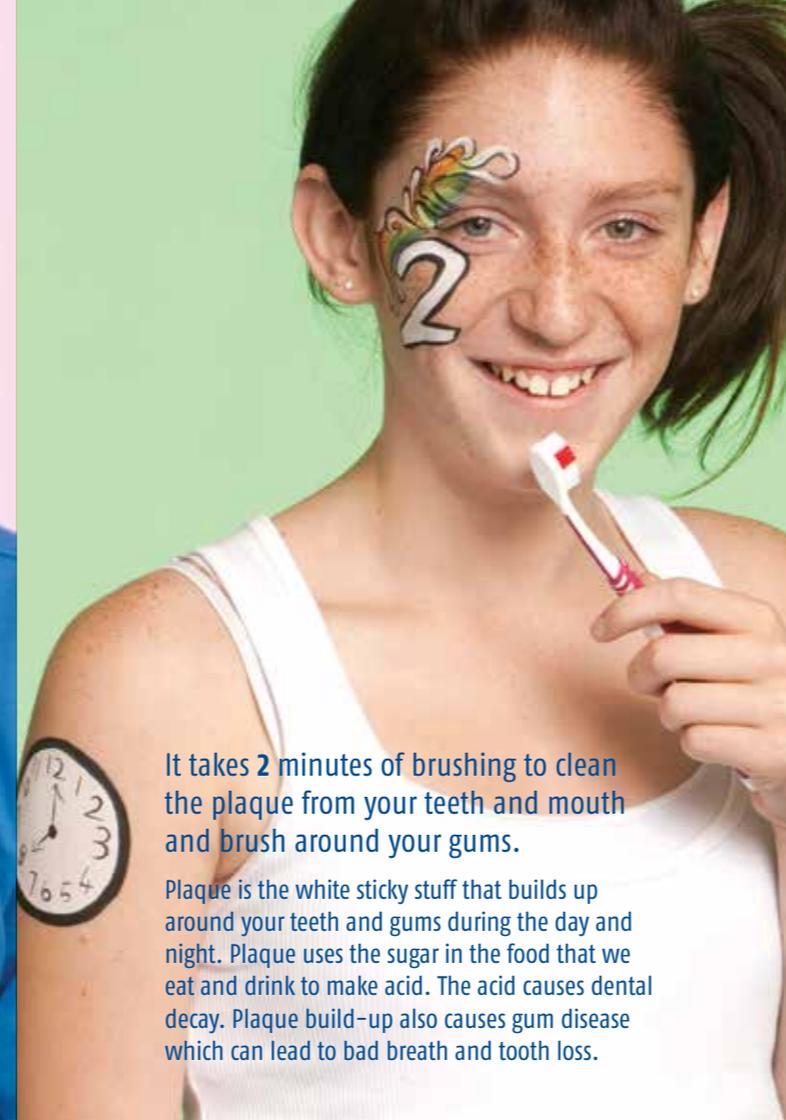
Don't add water when brushing your teeth. **Zero** water means you aren't diluting your toothpaste so it works better.

Keep the tap turned off. Use a pea sized amount of toothpaste. Spit out the toothpaste after brushing instead of rinsing out with water. Then rinse your brush, but not your mouth. It might take a bit of getting used to but keep trying as brushing like this gives the fluoride in the toothpaste more time to work and protect your teeth against dental decay.



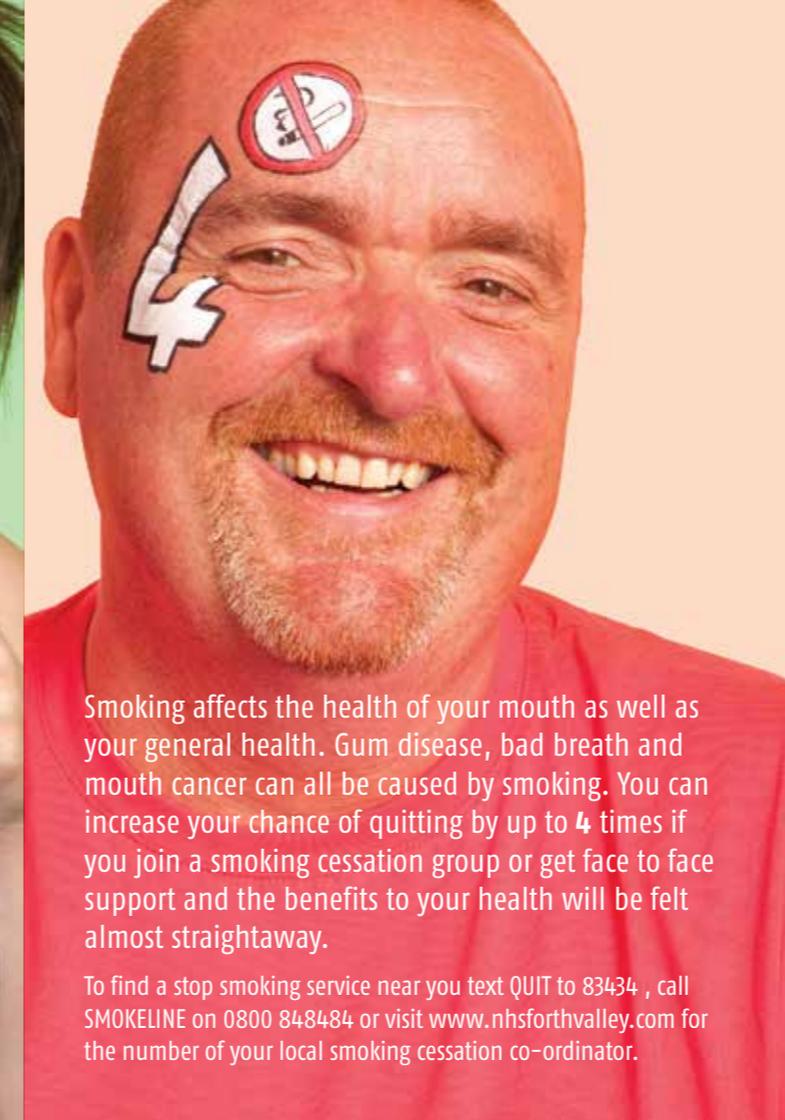
Brush your teeth with fluoride toothpaste at least **2** times every day, **always** brush before bed.

Saliva helps protect against dental decay but during the night your mouth makes less saliva so it is important to clean your teeth well before you go to bed.



It takes **2** minutes of brushing to clean the plaque from your teeth and mouth and brush around your gums.

Plaque is the white sticky stuff that builds up around your teeth and gums during the day and night. Plaque uses the sugar in the food that we eat and drink to make acid. The acid causes dental decay. Plaque build-up also causes gum disease which can lead to bad breath and tooth loss.



Smoking affects the health of your mouth as well as your general health. Gum disease, bad breath and mouth cancer can all be caused by smoking. You can increase your chance of quitting by up to **4** times if you join a smoking cessation group or get face to face support and the benefits to your health will be felt almost straightaway.

To find a stop smoking service near you text QUIT to 83434 , call SMOKELINE on 0800 848484 or visit www.nhsforthvalley.com for the number of your local smoking cessation co-ordinator.



No more than **4**! Cut down on sweetened food and drinks to no more than four times a day. To help you do this only have food and drinks that contain added sugar at mealtimes.

Tooth decay is caused by acid attack and the acid is made from sugar by dental plaque. So cutting down on how much and how often we eat and drink food containing added sugar can help protect against decay.

Some foods contain hidden sugars so always check the label and look out for ingredients like glucose, maltose, corn or maize syrup.



Eat at least **5** portions of fruit and vegetables every day. Try fresh, frozen, or tinned in natural juice and "Eat a Rainbow" of different colours every day. Eating 5 portions of fruit and vegetables every day can help prevent diseases such as heart disease, strokes and some cancers.

Fruit juice counts as only one portion, no matter how much you drink, and is best drunk with a meal.