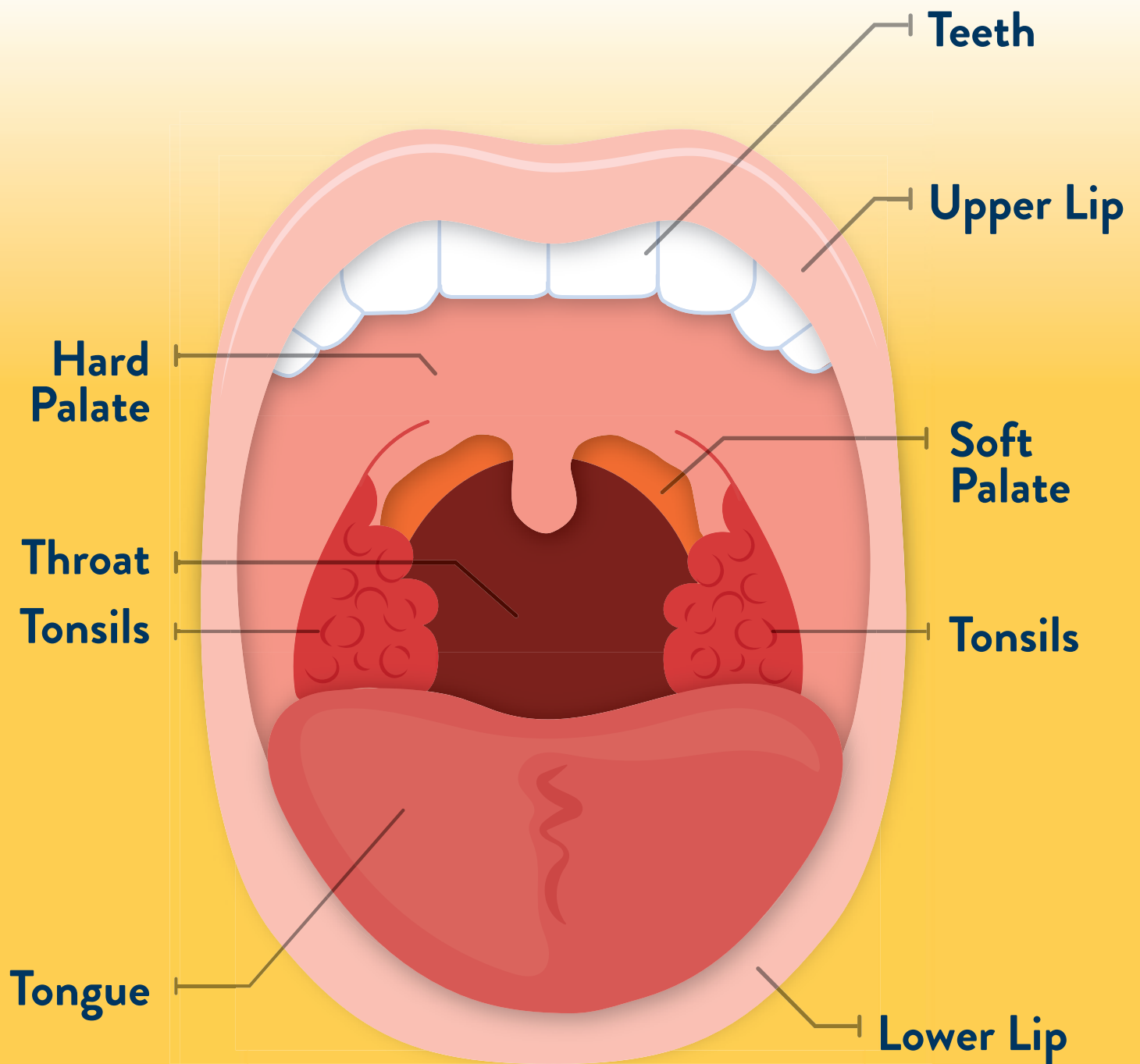


ORAL HEALTH EDUCATION FLIP CHART



INSIDE THE MOUTH

ORAL HEALTH EDUCATION

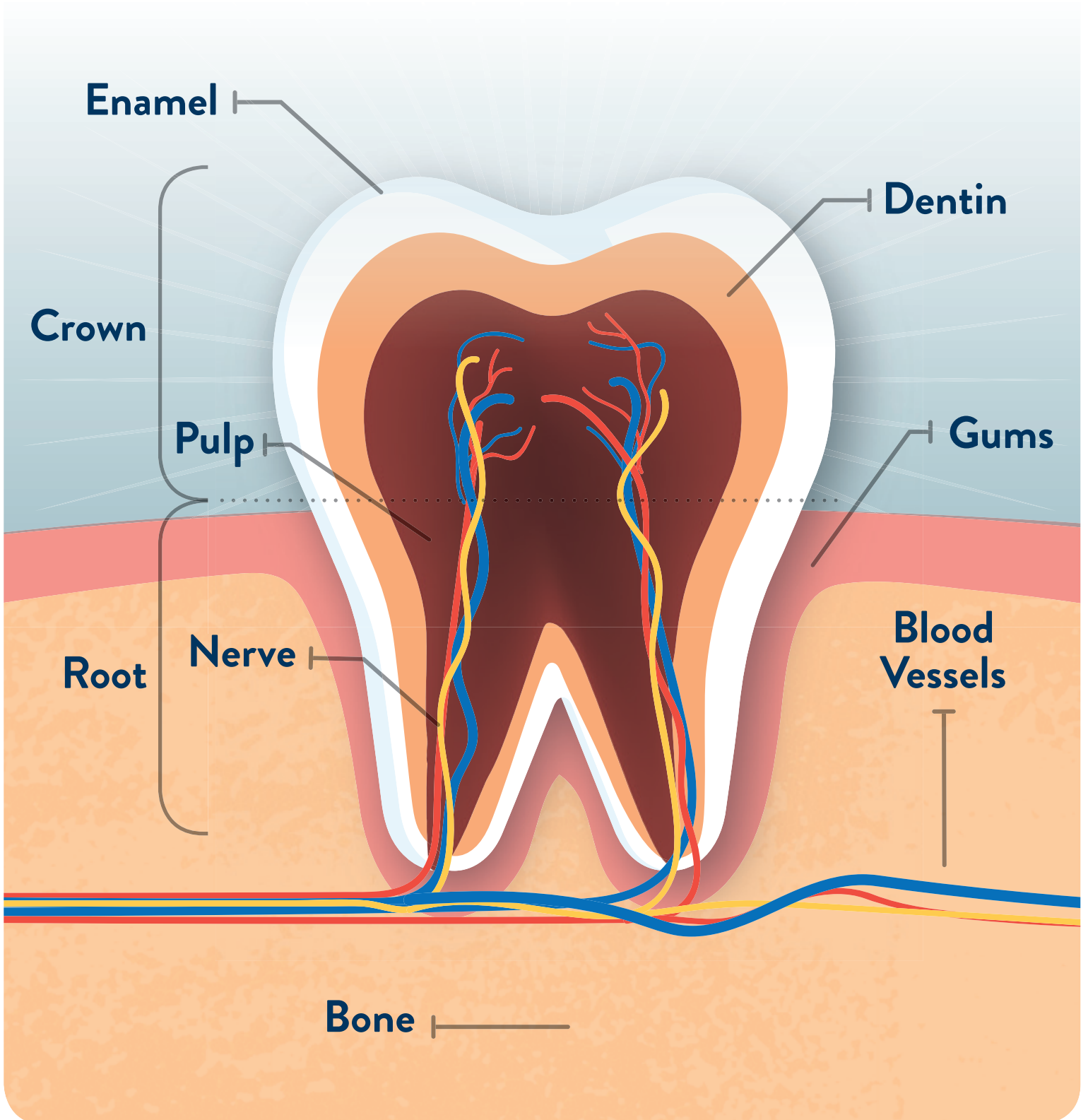


INSIDE THE MOUTH

- The mouth is made up of teeth, gums, the upper and lower jaw, the tongue, salivary glands and other important structures.
- All of these structures play an important role when it comes to good oral health and are routinely examined when you receive dental care.

KNOW THE TEETH

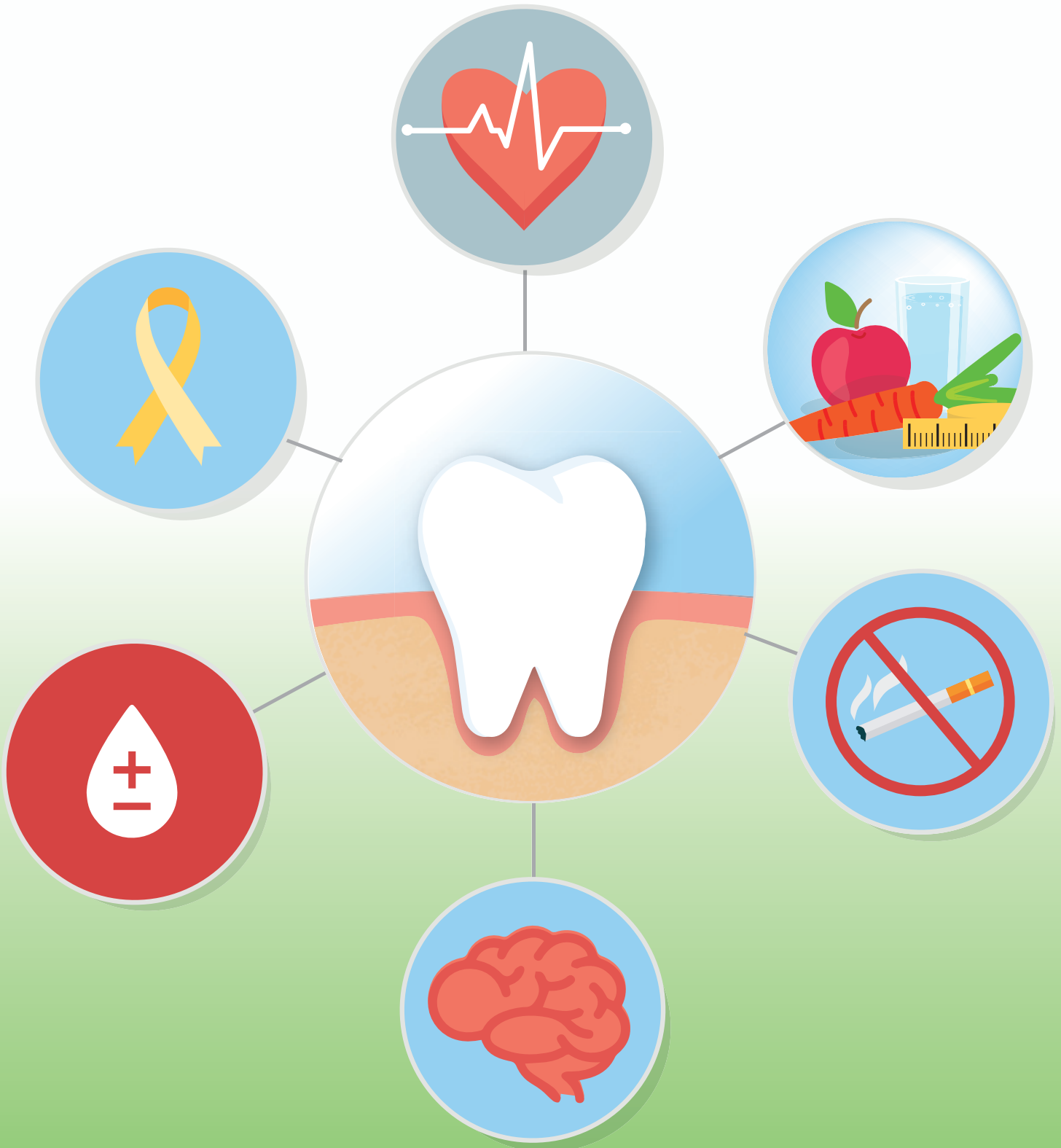
ORAL HEALTH EDUCATION



- Teeth help chew food into tiny pieces, produce speech and provide shape to the mouth and face.
- A tooth can be divided into two main parts: the crown and the root. The crown is the white, visible part of the tooth. It helps chew food. The root is the long part of the tooth that connects to the jaw bone. It lies beneath gums and is not visible.
- Each tooth consists of three layers: the enamel, dentin and pulp. Every part and layer of the tooth works together to stay strong and healthy. They help chew food and smile.
- Teeth are classified into four major groups: incisors, canines, premolars and molars.
- Babies are born without teeth, but grow a temporary set of twenty temporary baby teeth (between the ages of six months and three years). The baby teeth slowly fall out one at a time and are replaced by permanent adult teeth (at about six years of age).
- Tooth decay and cavities are important health concerns related to the teeth.

THE MOUTH-BODY CONNECTION

ORAL HEALTH EDUCATION



THE MOUTH-BODY CONNECTION

- The mouth is the window to the body. Oral health includes teeth and other supporting structures of mouth.
- Proper oral hygiene, such as daily brushing and flossing, keeps germs (bacteria) under control.
- Without proper oral hygiene, bacteria can reach levels that might lead to oral infections, like tooth decay and gum disease.
- Oral health can impact what people eat, their speech and their quality of life and well-being.
- Oral health can contribute to various diseases and conditions such as heart disease, premature birth and low birth weight.
- Certain conditions such as diabetes, high blood pressure, HIV/AIDS, cancer, Alzheimer's disease etc. might affect oral health and vice versa.
- Risk factors common to oral health and other chronic diseases include smoking, alcohol and/or tobacco consumption, diet, injuries etc.
- Addressing these risk factors for chronic disease and practicing good oral hygiene every day enhances both general and oral health.

TOOTH DECAY AND CAVITIES

ORAL HEALTH EDUCATION



TOOTH DECAY AND CAVITIES

- When you eat, some of the food and bacteria sticks to your teeth. This forms a clear substance called plaque. The bacteria in plaque feed on sugars. As bacteria eat sugars that are stuck to the teeth, bacteria produce acid which eats away at tooth enamel, or the surface of the tooth. This causes tooth decay.
- Tooth decay is not the same as a cavity — but tooth decay can lead to cavities.
- Cavities are holes that appear in the enamel and expose the dentin (inner layer of teeth). Cavities can cause pain and sensitivity to tastes or temperatures.
- Dentists remove the affected decay and fill the cavity to restore the strength and function of the tooth. Without a filling, the decay can get deep into the tooth and its nerves, which can cause a toothache or infection.
- Brushing, flossing, eating healthy foods, limiting sugary snacks and seeing oral health professionals regularly help prevent cavities.

HOME ORAL CARE

ORAL HEALTH EDUCATION



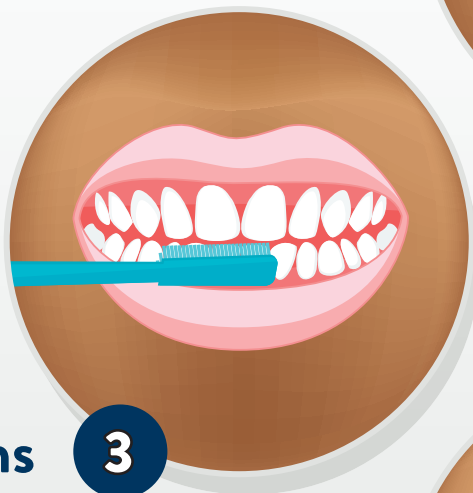
45° Angle

Brush at a 45 degree angle to your gum line.



Gentle Circles

Brush in small, gentle circles on the inner, outer and chewing surfaces of your teeth.



Gums

Brush gently along the edges of your gums.



Tongue

Brush your tongue. This gets rid of germs and helps with bad breath.

The oral hygiene routine is pretty simple: brush, floss and visit your dentist regularly. The most important thing is just to brush—at least 2 times a day for 2 minutes using proper technique.

TOOTHBRUSH

- Use a soft-bristled toothbrush and replace it every three-four months (sooner if bristles are frayed).
- Always rinse the toothbrush with water after brushing.
- Store the toothbrush in an upright position and allow it to air-dry until using it again.
- Consider using an electric or battery-operated toothbrush for medical problems that make it difficult to brush effectively.

TOOTHPASTE

- Use fluoride toothpaste.
- For children less than two years old, use just a tiny smear of toothpaste. After age two, increase to a pea-sized amount.
- A small pea-sized amount of toothpaste is sufficient for adults.
- Rinsing with water is not required as it washes away fluoride.

NOTES:

- Talk to your oral health provider about flossing techniques and tools to make it easier.
- Use a fluoride rinse if you have had tooth decay or cavities.
- Schedule regular dental check-ups for prevention, early detection and referral.

GUM DISEASE

ORAL HEALTH EDUCATION



Gingivitis



Early Gum Disease



Advanced
Gum Disease

- Gum disease is an infection of the tissues that surround and support the teeth.
- Gum disease is caused by plaque, the sticky film of bacteria that forms on the teeth.
- Poor oral hygiene and several other factors increase risk of gum disease. Those can include: smoking, chewing tobacco, hormonal changes during pregnancy, some medications and diabetes.
- Red, swollen, tender and bleeding gums are some warning signs of gum disease.
- It is possible to have gum disease and have no warning signs.
- Proper oral hygiene and regular dental checkups help prevent gum disease.

FLUORIDE

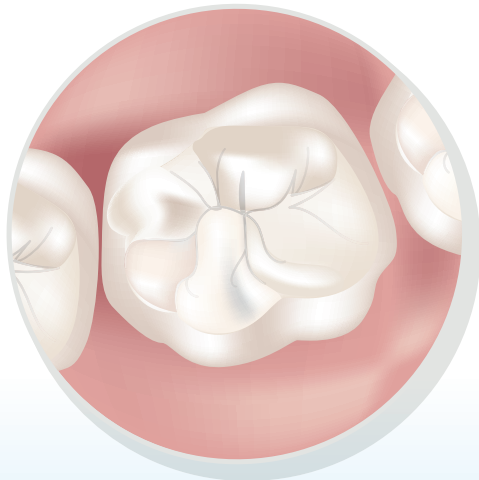
ORAL HEALTH EDUCATION



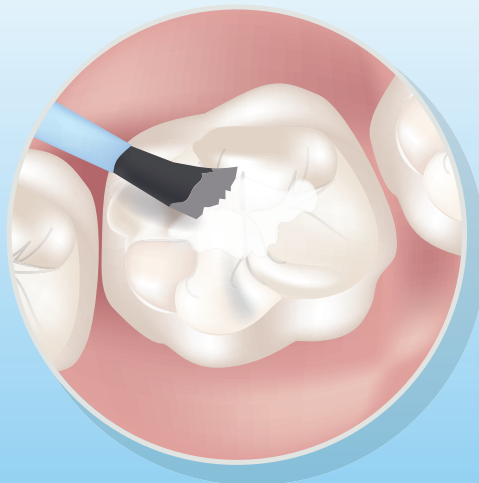
FLOURIDE

- Fluoride protects teeth from decay.
- Sources of fluoride: Minnesota's public drinking water (commonly called tap water), fluoride toothpaste, fluoride varnish, and prescribed fluoride supplements.
- Bottled and well water often do not contain fluoride.
- Talk to your oral health provider about fluoride.

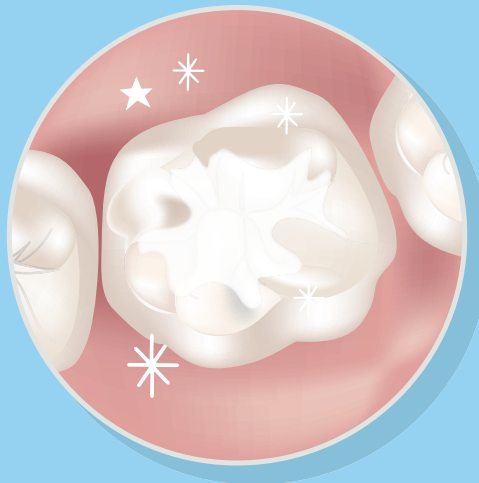
SEALANTS



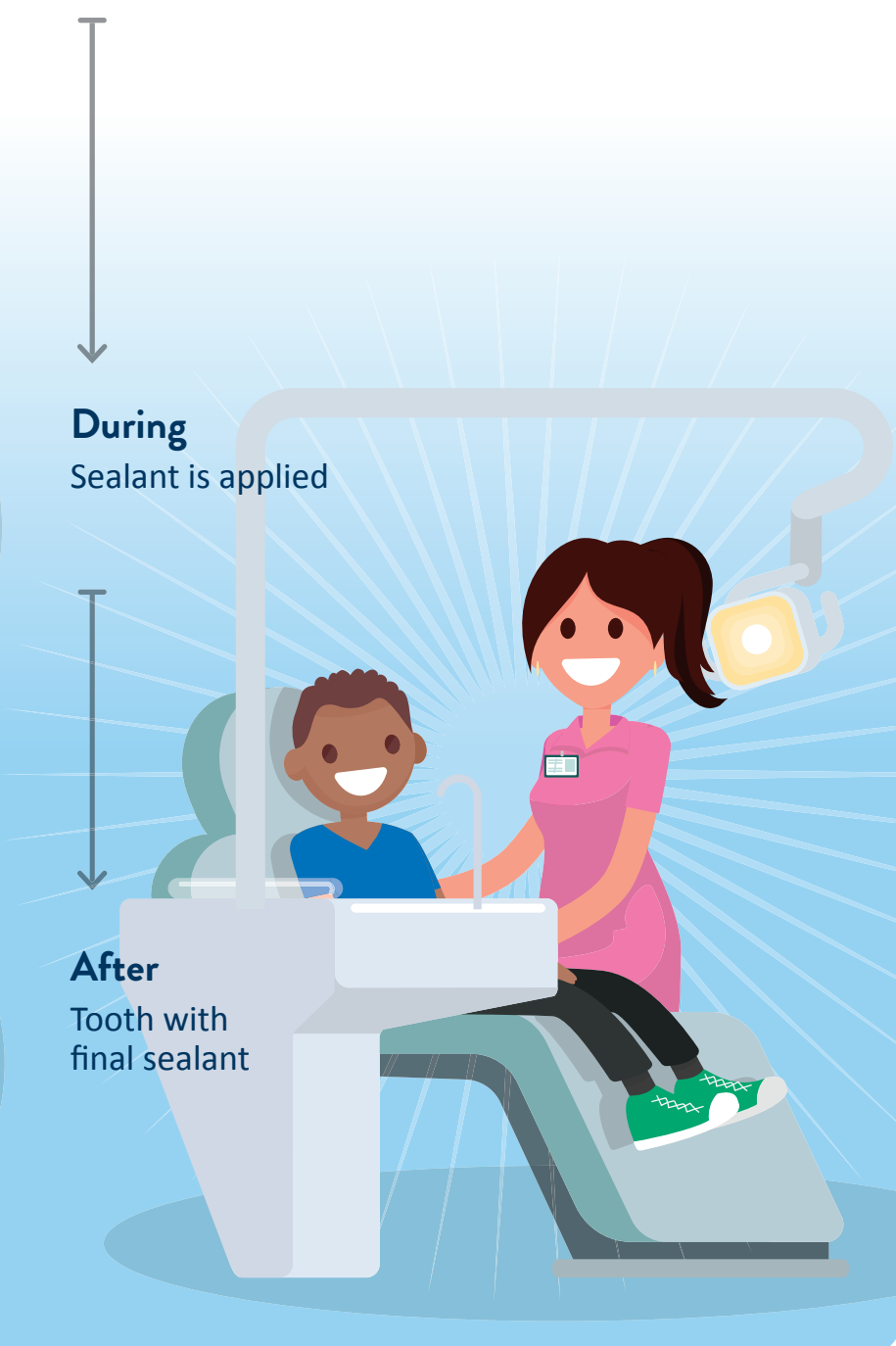
Before
Tooth without sealant



During
Sealant is applied



After
Tooth with final sealant



- It is easy for food and bacteria to get stuck in the grooves of teeth which can lead to cavities.
- Sealants are applied to the chewing surfaces of the teeth to protect them from cavities.
- A dental professional can apply sealants at a dental clinic or school.
- Sealants are different than fluoride varnish. Here is how to tell:
 - Sealants are applied only to the chewing surfaces of the teeth by a licensed dental professional; sealants are meant to stay on for years.
 - Fluoride varnish is painted on the surfaces of teeth, and dissolves over a course of a few days. It can look clumpy or yellow when first painted on teeth.

ORAL HEALTH FOR
**PREGNANT
WOMEN,
INFANTS AND
TODDLERS**

ORAL HEALTH EDUCATION



ORAL HEALTH FOR PREGNANT MOTHERS, INFANTS AND TODDLERS

ORAL HEALTH EDUCATION

- Infant oral health starts with pregnancy.
- Cavities can be passed from mother to baby.
- Parents and caregivers have the power to prevent cavities. Here's what you can do:
 - Check and clean your baby's teeth.
 - Protect your baby's teeth with fluoride.
 - Feed your baby healthy food.
 - Take your baby to a doctor or a dentist by first tooth or first birthday.
- Find more information and resources about the Healthy Teeth. Healthy Baby. Initiative at health.mn.gov/healthyteeth-healthybaby

ORAL HEALTH FOR

ORAL HEALTH EDUCATION

CHILDREN & TEENS



ORAL HEALTH FOR CHILDREN AND TEENS

ORAL HEALTH EDUCATION

- Children and teens are at greatest for tooth decay. Here's what can be done:
 - Protect their teeth with sealants and fluoride.
 - Kids should keep a healthy diet, avoid sugary beverages and limit sugary snacks.
 - Children should see their dentist every 6 months.
 - Wear a mouth guard during sports to keep teeth safe.
 - Be sure kids brush and floss daily.

ORAL HEALTH FOR
ADULTS

ORAL HEALTH EDUCATION



ORAL HEALTH FOR ADULTS

- It is important to brush your teeth at least 2 times a day and floss daily.
- Talk to your dentist if you notice wisdom teeth coming in or have any dental pain. Wisdom teeth may need to be removed if they cause pain, swelling, discomfort etc. Some people do not have wisdom teeth.
- Tobacco is harmful to oral health.
- Tobacco increases risk of gum disease, tooth decay, mouth ulcers, oral cancer and other chronic conditions. It also stains teeth, damages tongue and can lead to bad breath.
- Smoking takes away air from the bloodstream, so gums struggle to heal. People who smoke generally have more plaque and are more likely to develop gum disease. This can lead to infection and tooth loss.

ORAL HEALTH FOR OLDER ADULTS

ORAL HEALTH EDUCATION

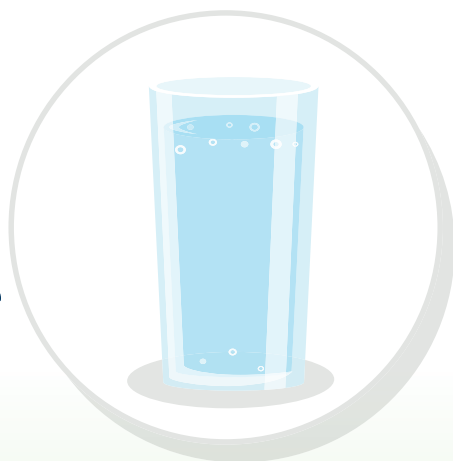


ORAL HEALTH FOR OLDER ADULTS

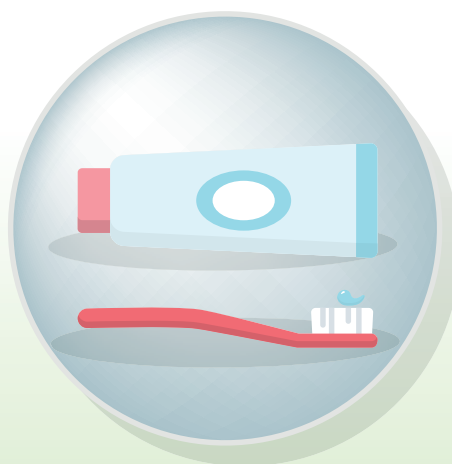
- Older adults (i.e., 65 years of age and older) are at increased risk for dry mouth.
- Many medications can cause dry mouth. Dry mouth is a risk factor for tooth decay. Saliva acts like a natural protectant from tooth decay and can “wash” away some of the food that clings to the teeth. Consider drinking or at least sipping regular water throughout the day.
- Brush the dentures each day the same way you would brush your teeth. However, do not use toothpaste. Remove the denture every night. Soak in cool water or a denture cleaning solution to keep them from drying out.
- For people who may have difficulty holding up a toothbrush, try grips or tools.
- Potential physical, sensory, and cognitive impairments associated with aging may affect dental care and home oral care.
- Talk to your dentist to learn more about aging and oral health.

HEALTHY MOUTH & BODY

**Protect
Teeth
with
Fluoride**



**Brush
and
Floss**



**Eat
Healthy
Foods**



**Avoid
Tobacco**



**Visit your
Dentist**



HEALTHY HABITS FOR A HEALTHY MOUTH & BODY

ORAL HEALTH EDUCATION

To protect your oral health, practice good oral hygiene every day.

- Brush teeth at least twice a day with fluoride toothpaste and floss daily.
- Eat a healthy diet and limit between-meal snacks.
- Drink fluoridated tap water and avoid sugary beverages.
- Avoid tobacco.
- Schedule check-ups with the dentist.
- Talk to oral health professionals for additional information.



**Developed by the Minnesota Department
of Health Oral Health Program**

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To obtain this information in a different format, call 651-201-5400

DISCLAIMER: *Content on the Oral Health Education flipchart is for informational purposes only. Content is neither intended to nor does it establish a standard of care or the official policy or position of the Minnesota Department of Health; and is not a substitute for professional judgment, advice, diagnosis or treatment.*

