



Passion Family Dental North Lakes - Time to be Dental Aware

Dental Health Week 5- 11 August

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Current Promotion

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details

No matter how busy our lives are we still need to make time to look after our oral health. This means not only brushing at least twice a day and regular flossing, it also means being diet aware. Everything that we eat or drink can have an effect on our teeth and gums. We urge patients to read product labels to check for hidden sugar. As part of Dental Health Week we have set up a display in the practice with samples of how much sugar is hidden in everyday foods. We are all aware that there is sugar in fizzy drinks and lollies but there is also often sugar in some frozen dinners and sadly even some baby foods.

We are also conducting an experiment to show the effects of sweet and acidic drinks on our teeth. Drop into the practice to see how popular drinks and juices can damage our tooth enamel; even we have been surprised at how fast the teeth are changing. Colgate have also generously given us some children's toothbrushes and toothpaste to give away **FREE** (while stocks last) to any child that comes into look at the display.

Dental Health Week is the perfect time to evaluate your oral hygiene and eating habits and to book that dental appointment you have been avoiding!

5-11 August 2019

Get your



on track

Oral Health Tracker

The Oral Health Tracker is a national report card that encourages every Australian to work towards better oral health and monitors our progress. Some interesting current statistics include:

- Tooth decay is Australia's most common chronic disease
- Only 51% of adults brush their teeth twice a day
- 25.5% of Australian's aged over 15 have untreated decay
- 34.3% of children aged 5-6 have experienced decay
- 6.8% of children aged 5-14 have reported a toothache in the past twelve months

To see full details on the Oral Health Tracker go to the Australian Dental Associations (ADA) website.

What Causes Smelly Breath?

Mouthwash and breath mints are a temporary help but what will help you in the long term?

There are four main reasons why our breath may be smelly:

1. *Poor oral hygiene* - food particles that stick to our teeth, and the bacteria that causes plaque on our teeth releases a horrible smelling gas
2. *Strongly flavoured food and drink* - onion, garlic, spices and drinks such as coffee
3. *Oral Health Issue* - gum disease will give you bad breath and may even result in tooth loss
4. *Medical Conditions* - such as diabetes, reflux, sinusitis, respiratory problems

If you have bad breath firstly look to see if your diet is the cause, look at when you had your last professional scale and clean with your dentist (it is recommended that we have a clean every six months, speak to your doctor about any health concerns you may have.



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