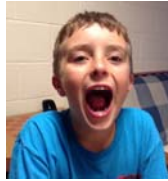


Oral Health Education



Talking



PLAQUE



**Why are teeth important?
What jobs do they do for us?**



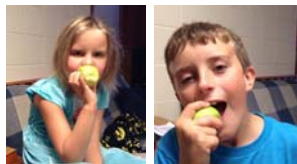
Smiling



**There are three ingredients
in plaque.
What are they?**



Eating



**What is the name of the sticky goo
that forms on our teeth every day?**



PLAQUE

- Bacteria (Germs)
- Food (especially sugar)
- Saliva



How does plaque make a cavity?



Decay



Silver Fillings



How does plaque
make a cavity?

Germ (bacteria)
PLAQUE
+
SUGAR
=
Acid



How can a dentist
fix a cavity?



White Fillings



Acid +Tooth
=
Cavity
(Tooth Decay)



A dentist removes the decay and
can place a filling.

What color do you think
fillings can be?



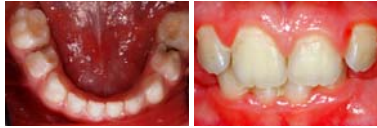
Raise your hand if you
have had Sealants before?



SEALANTS



How can we prevent cavities and gum disease?



Brush in slow, small circles along the gumline



Besides causing cavities, do you think plaque can be harmful to our gums?

Does anyone know another name for gum disease?
?

When should we brush our teeth?



Brush All 3 Sides to Each Tooth

3

Outside, Inside
and the Chewing Side

Gum Disease (Gingivitis)



Brush

morning



bedtime



Brush the Outside



The Inside



Use a small amount of fluoride toothpaste



Besides brushing and flossing
to remove plaque,
how else can we work to
keep our teeth healthy?

Who do we go see to find out
how healthy our teeth are?

The Chewing Side



How can we remove plaque
between our teeth?



Visit the Dentist Regularly



Brush for 2 Minutes



Flossing

- Cleans between teeth
- Once a day
- Wrap floss around the tooth
- Move floss up and down



Do the foods we eat affect how
healthy our teeth are?

What ingredient is especially
harmful to our teeth?
?

Try to limit sugary drinks and foods



**19
teaspoons
of sugar**

**90 mg of
caffeine**

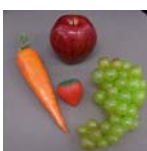


**Raise your hand if
your play sports?**



**What can you wear to protect
your teeth during sports?**

**Fruits and vegetables
make better snacks**



Fluoride Helps Prevent Cavities

Where do we find fluoride?



**Mouthguards
for Sports**

Boil and Bite



Custom fit
made by a dentist



**How much
sugar is in
a 20 oz
Mt. Dew?**



Toothpaste



Mouthrinse



At the Dentist



In Water

**Do you think tobacco products
can be unhealthy
for your teeth and gums?**



**What might be some of the effects
in the mouth if someone
uses these products?**



Can stain teeth
Gums can pull back



Tongue can turn dark
Can cause bad breath
Can lead to cancer

Keeping a Healthy Mouth

- **Brush and floss** your teeth
- Visit the **Dentist** regularly
- Eat **GOOD** foods
- **Sealants**
- **Fluoride**
- **Mouthguards**
- **No Tobacco**
- Make **Smart Decisions**



This presentation was made
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