

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
you 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



At the Dentist



Mouthrinse



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
available by the
University of Iowa's
Department of Pediatric Dentistry

