### WHAT IS GOOD ORAL HEALTH

<table>
<thead>
<tr>
<th>WHAT IS GOOD ORAL HEALTH</th>
<th>Give you:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. GOOD TEETH</td>
<td>• Good health</td>
</tr>
<tr>
<td></td>
<td>• Good looks</td>
</tr>
<tr>
<td></td>
<td>• Good speech</td>
</tr>
<tr>
<td></td>
<td>• Easy eating</td>
</tr>
<tr>
<td></td>
<td>• Good breath</td>
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### HEALTHY MOUTH

- Teeth are white and smooth.
- Gums are pink, and don’t hurt.
- Black or yellow spots = weak teeth.
- No medicine can make teeth grow back

### PREVENTING ORAL HEALTH ISSUES

<table>
<thead>
<tr>
<th>PREVENTING ORAL HEALTH ISSUES</th>
<th>Food you grow or food from a market is best.</th>
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<tbody>
<tr>
<td>3. EAT HEALTHY FOOD</td>
<td>• Vegetables, peas, beans, oil, fruits, fish, meat, eggs, clean water, coconut water, milk</td>
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<td>4. AVOID</td>
<td>• SWEETS</td>
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<tr>
<td></td>
<td>• Food with sugar</td>
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<tr>
<td></td>
<td>• Chewing sticks</td>
</tr>
<tr>
<td></td>
<td>• Betel nut</td>
</tr>
<tr>
<td></td>
<td>• Smoking</td>
</tr>
<tr>
<td></td>
<td>• Bottles for baby</td>
</tr>
<tr>
<td>5. FIND CLEANING TOOL</td>
<td>• Make brush with soft end</td>
</tr>
<tr>
<td></td>
<td>• Buy toothbrush</td>
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<tr>
<td></td>
<td>• Use cloth on baby’s gum</td>
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</tbody>
</table>
6. **CLEAN TEETH EVERY DAY**
- Clean each tooth slow and careful
- Scrub inside
- Scrub outside
- Scrub on top
- Feel teeth with tongue to make sure they are smooth and clean

7. **CLEAN IN-BETWEEN**
- Be careful and gentle
- Gums are fragile

8. **USE FLOSS or STRING**
- Go up and down
- Do not go side-to-side

9. **CLEAN TONGUE**
- 90% of germs in mouth are on tongue

10. **USE FLUORIDE & PASTE**
- Fluoride is good for teeth.
- It comes from toothpaste, tea leaves, and food from the sea

11. **CARING FOR BABIES**
- Help Children clean teeth until they are old enough to have children
- Wipe baby’s teeth with cloth after every meal
- Avoid juice
- Avoid Bottles
- Avoid sucking
### LIVING WITH ORAL HEALTH ISSUES

| 12. CARING FOR SORES | • Sores in mouth can heal with aloe or rinsing with warm salt water (spit out water, do not swallow)  
| | • Sores outside of mouth are very contagious – don’t touch, wash hands. Coat with yogurt, use petroleum jelly and ice.  
| 13. SEE A HEALTH WORKER | • Community health workers can pull a tooth, help you when pain persists, and assist with an abscess or swelling in the face. |
POSTER:

GOOD TEETH

HEALTHY MOUTH

WEAK MOUTH

EAT HEALTHY FOOD

AVOID SUGAR & CHEWING STICKS

CLEANING TOOLS

CLEAN TEETH EVERY DAY

CLEAN IN-BETWEEN

USE FLOSS OR STRING

CLEAN TONGUE

HELP CHILDREN
<table>
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<tr>
<th>PRESENTER POINTS:</th>
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| **PRESENTATION IDEAS** | • Use poster and follow presentation  
• Use large mouth and giant toothbrush to show brushing and flossing techniques. Use string to floss. |
| **GROUP PROJECT IDEAS** | • Use disclosing tablets with mirror to show them plaque build up on teeth  
• Have them sample food and show them in mirror how some food sticks  
• Let them brush teeth in mirror and help them  
• Help them brush children’s teeth |
| **GIVE - AWAY IDEAS** | **FOR PATIENTS:**  
• IMR will provide leaflet flyer with these same details  
• Tooth brushes  
• Tooth picks in baggies  
• Floss  
• Disclosing tablets  

**FOR COMMUNITY:**  
• Poster  
• Teaching tools used in class |
BACKGROUND RESEARCH FOR PRESENTER:

Dental issues are a major problem in the developing world.

There are very few dentists as it is not a common trade.

Please download the free book "Where There Is No Dentist" for details about oral health issues at this link:
http://www.google.com/search?client=safari&rls=en&q=where+there+is+no+dentist+hesperian&ie=UTF-8&oe=UTF-8