
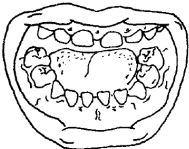
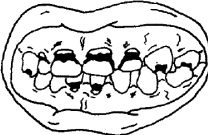
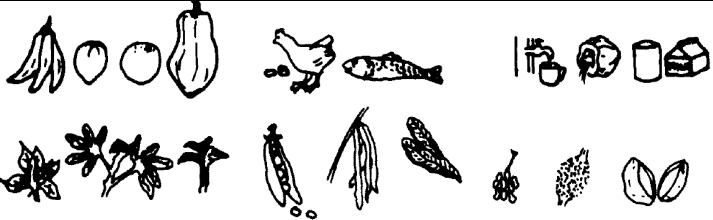
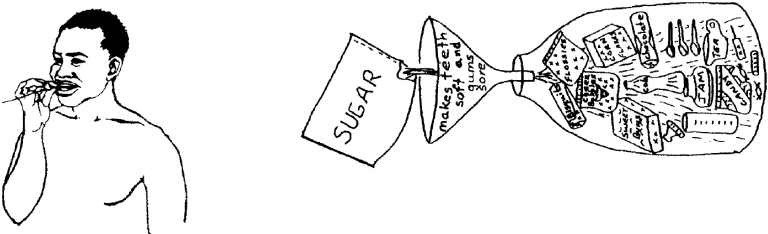
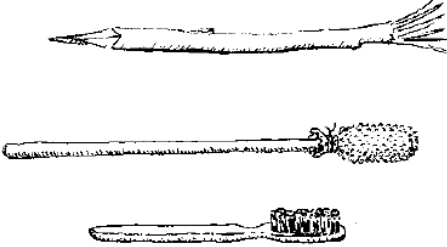


WHAT IS GOOD ORAL HEALTH

<p>1. GOOD TEETH</p>	<p>Give you:</p> <ul style="list-style-type: none"> • Good health • Good looks • Good speech • Easy eating • Good breath 	
<p>2. HEALTHY MOUTH</p>	<ul style="list-style-type: none"> • 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 	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>Healthy Mouth</p>  </div> <div style="text-align: center;"> <p>Weak Mouth</p>  </div> </div>

PREVENTING ORAL HEALTH ISSUES

<p>3. EAT HEALTHY FOOD</p>	<ul style="list-style-type: none"> • Food you grow or food from a market is best. • Vegetables, peas, beans, oil, fruits, fish, meat, eggs, clean water, coconut water, milk 	
<p>4. AVOID</p>	<ul style="list-style-type: none"> • SWEETS • Food with sugar • Chewing sticks • Betel nut • Smoking • Bottles for baby 	
<p>5. FIND CLEANING TOOL</p>	<ul style="list-style-type: none"> • Make brush with soft end • Buy toothbrush • Use cloth on baby's gum 	



<p>6. CLEAN TEETH EVERY DAY</p>	<ul style="list-style-type: none"> • 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 	
<p>7. CLEAN IN- BETWEEN</p>	<ul style="list-style-type: none"> • Be careful and gentle • Gums are fragile 	
<p>8. USE FLOSS or STRING</p>	<ul style="list-style-type: none"> • Go up and down • Do not go side-to-side 	
<p>9. CLEAN TONGUE</p>	<ul style="list-style-type: none"> • 90% of germs in mouth are on tongue 	
<p>10. USE FLOURIDE & PASTE</p>	<ul style="list-style-type: none"> • Fluoride is good for teeth. • It comes from toothpaste, tea leaves, and food from the sea 	
<p>11. CARING FOR BABIES</p>	<ul style="list-style-type: none"> • 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:

<p>GOOD TEETH</p> 	<p>HEALTHY MOUTH</p> 	<p>WEAK MOUTH</p> 
<p>EAT HEALTHY FOOD</p> 		<p>AVOID SUGAR & CHEWING STICKS</p> 
<p>CLEANING TOOLS</p> 	<p>CLEAN TEETH EVERY DAY</p> 	<p>CLEAN IN-BETWEEN</p> 
<p>USE FLOSS OR STRING</p> 	<p>CLEAN TONGUE</p> 	<p>HELP CHILDREN</p> 

PRESENTER POINTS:

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>