

## ORAL HEALTH



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& ASSOCIATES

SPECIALIST DENTAL PRACTICE

*“Oral health is a state of being free from; chronic mouth and facial pain, oral and throat cancer, oral sores, birth defects such as cleft lip and palate, periodontal (gum) disease, tooth decay and tooth loss, and other diseases and disorders that affect the oral cavity. Risk factors for oral diseases include unhealthy diet, tobacco use, harmful alcohol use, and poor oral hygiene.”*

*Definition of Oral Health by the World Health Organisation*

### TO ACHIEVE ORAL HEALTH:

- ✓ HAVE REGULAR DENTAL CHECK-UPS.
- ✓ DO NOT PUT OFF GOING FOR A CHECK-UP; DETECTING PROBLEMS EARLY MAY MEAN THEY ARE EASIER TO TREAT.
- ✓ IF A PROBLEM IS NOT TREATED, IT MAY LEAD TO DAMAGE THAT IS HARDER OR EVEN IMPOSSIBLE TO REPAIR.
- ✓ YOUR DENTIST WILL CHECK FOR ANY ABNORMALTIES IN AND AROUND YOUR MOUTH.
- ✓ IF YOU HAVE AN ULCER OR LESION IN OR AROUND YOUR MOUTH FOR LONGER THAN 3 WEEKS THEN YOU MUST REPORT IT TO YOUR DENTIST.
- ✓ DO NOT VISIT A DENTAL PRACTICE IF YOU HAVE A COLD SORE DUE TO THE RISK OF SPREADING INFECTION.