

# Oral Health Education

## Patient Teaching Guide



**Enjoy a healthy  
lifestyle 😊**



# Kwa nini tunahitaji midomo yenye afya?

- 😊 **To be able to chew and eat properly**
- 😊 **For smiling and appearance**
- 😊 **To prevent pain caused by infection or tooth decay**
- 😊 **To avoid gum disease; bleeding gums, bad breath, loose teeth**
- 😊 **To reduce the need for teeth to be extracted**
- 😊 **To help prevent oral cancer**
- 😊 **To maintain overall good general health**



**Gum disease**



**Tooth decay**

# The two main dental diseases;

## Gum disease

- caused by plaque bacteria (germs) left on the teeth and gums for too long by not cleaning effectively

## Tooth decay

- caused by eating too much sugar too frequently throughout the day + plaque bacteria that has not been cleaned off the teeth and gums thoroughly enough



# Dental Plaque



# PLAQUE is live BACTERIA/GERMS

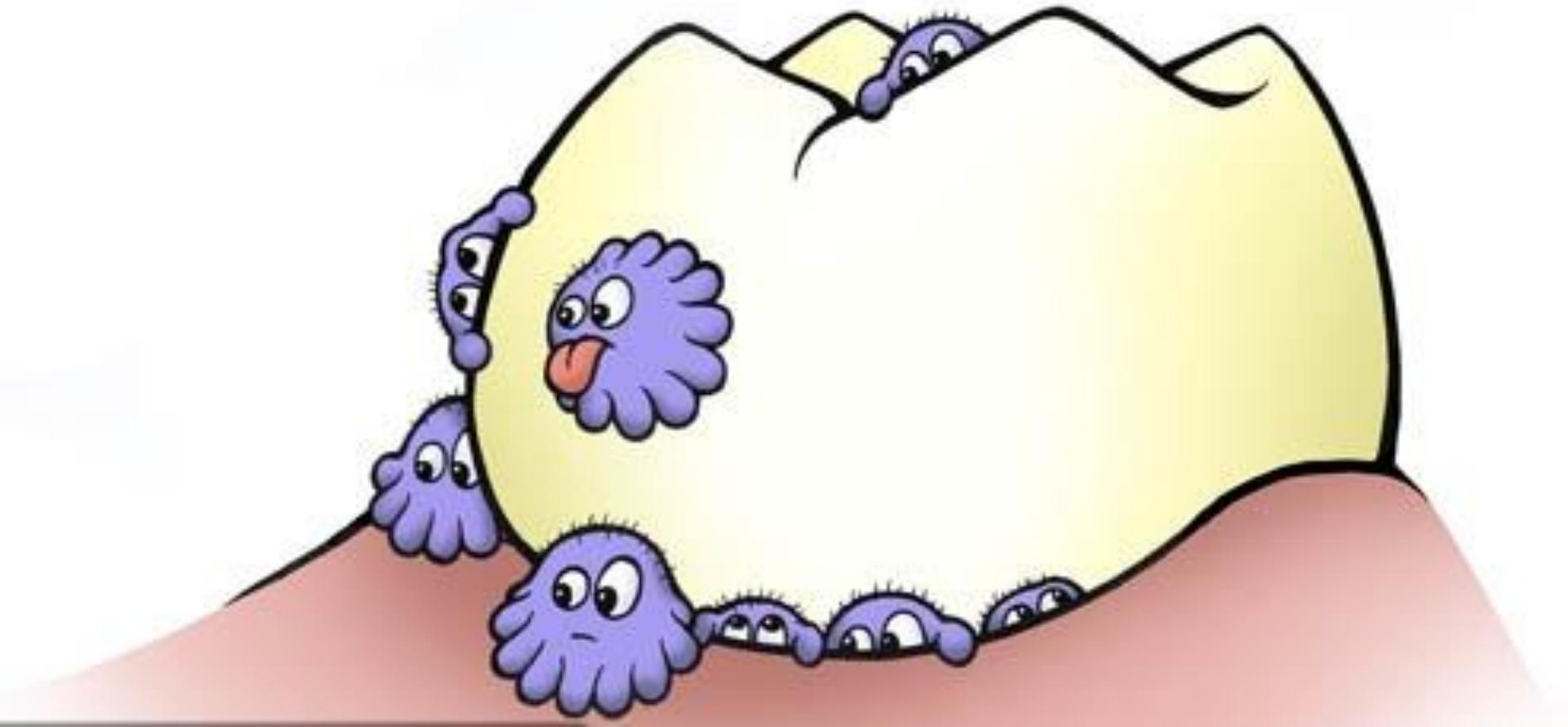
**Plaque plays a major role in causing gum disease and dental decay**

1. Plaque starts to re-grow as soon as it is removed and forms even without eating
2. Plaque is not removed by rinsing or eating fibrous foods
3. Sugar in the diet increases the amount of plaque making it thicker
4. Everyone has plaque, even if you cannot see it
5. Causes bad breath
6. It also **hardens into calculus** which is very difficult to remove and cannot be removed with a toothbrush.

# Plaque bacteria

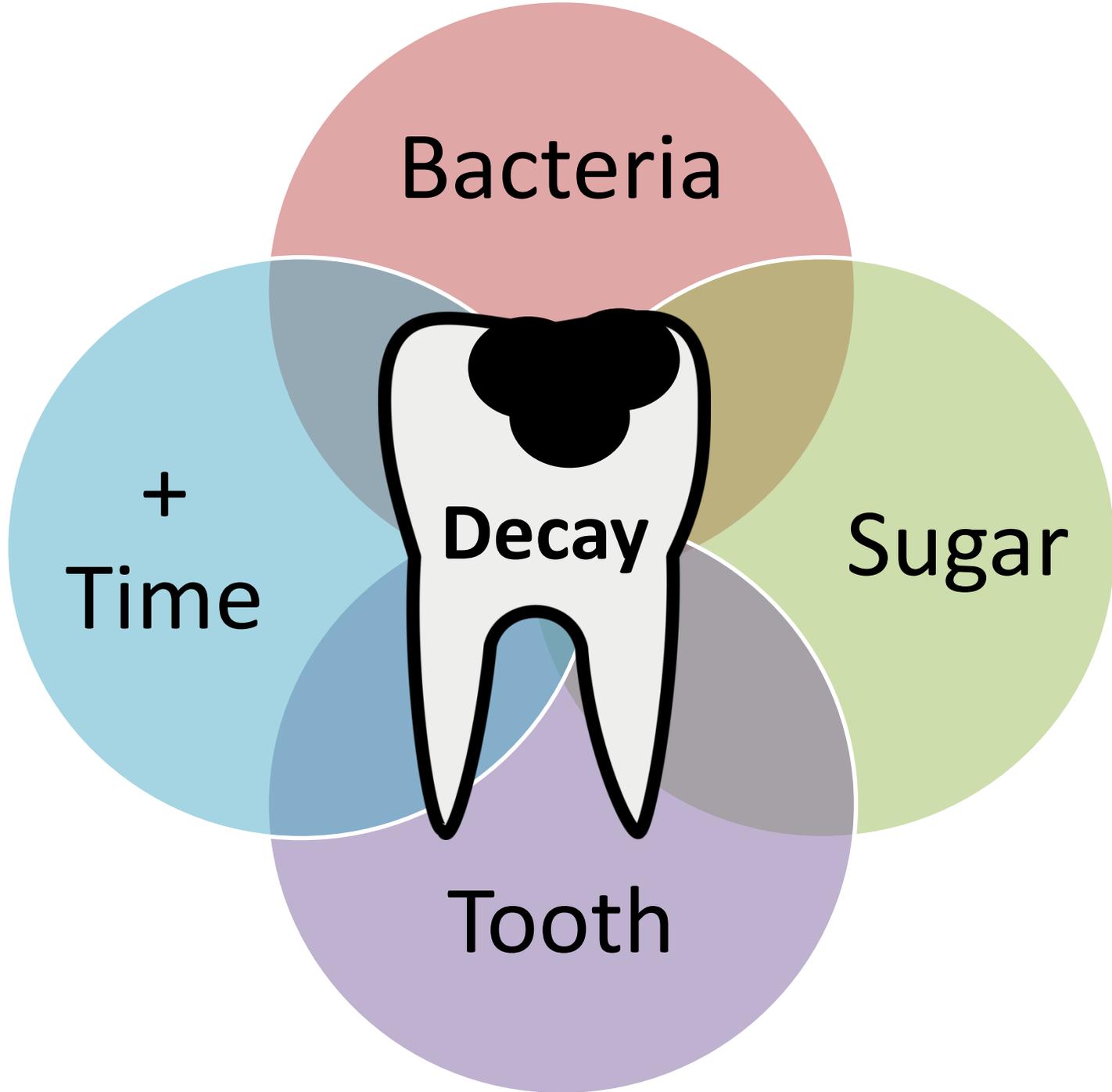


# Dental Plaque



# What cause tooth decay?

- **Too much sugar in the diet**
- **Eating sugar in between meals and too often**
- **Not cleaning plaque off teeth effectively**





Tooth



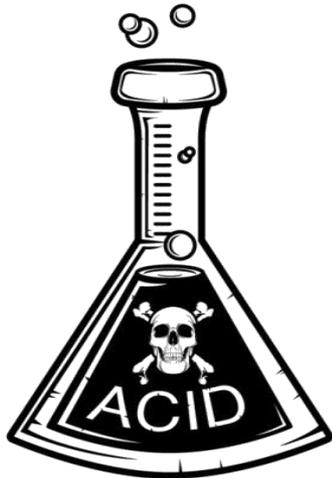
Bacteria



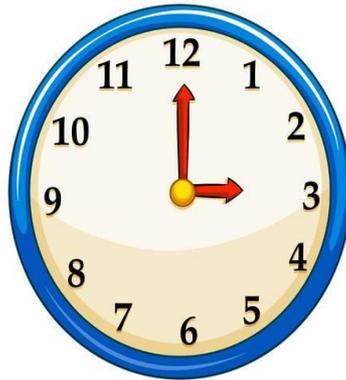
Sugar



Acid



Acid

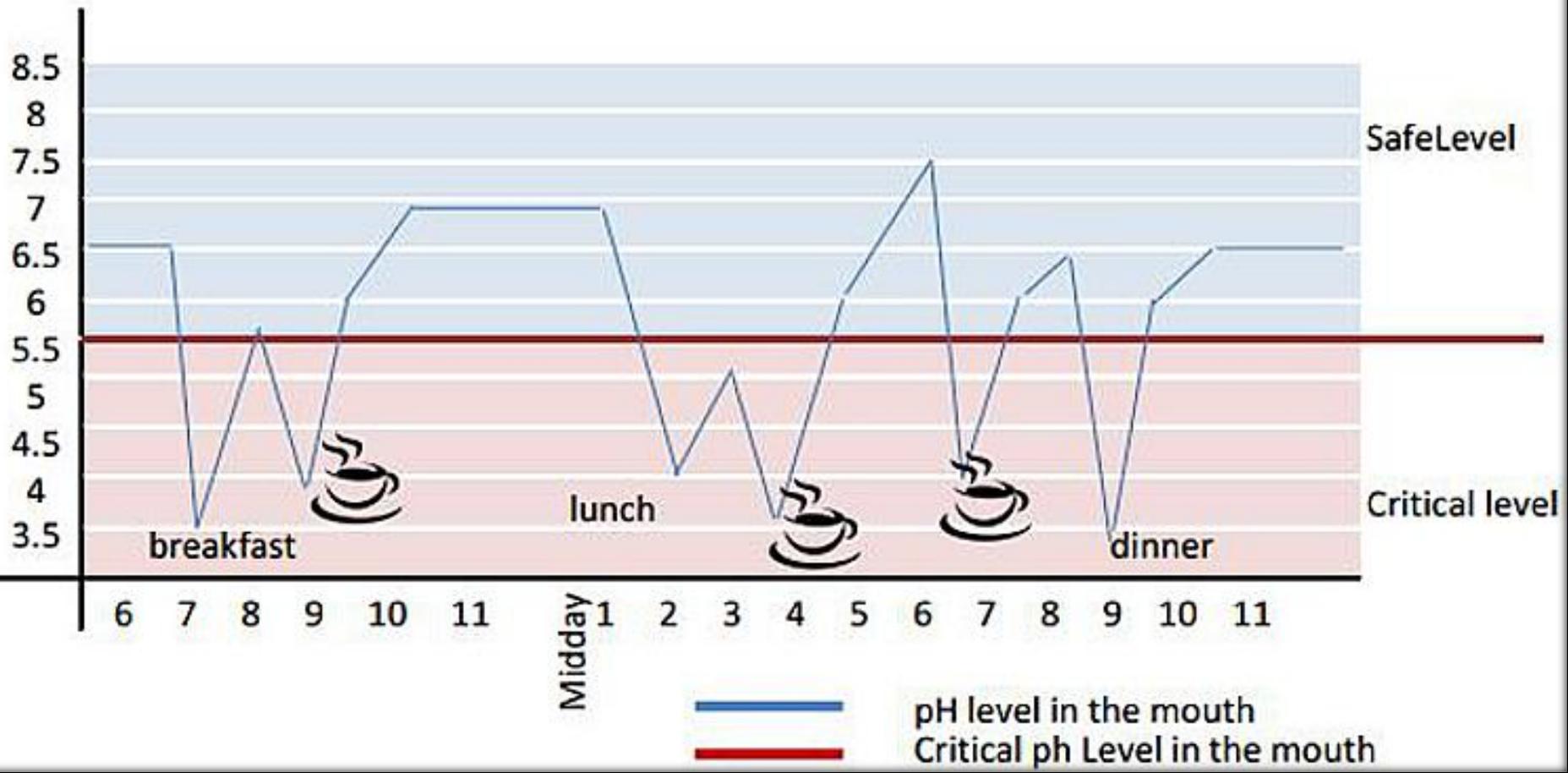


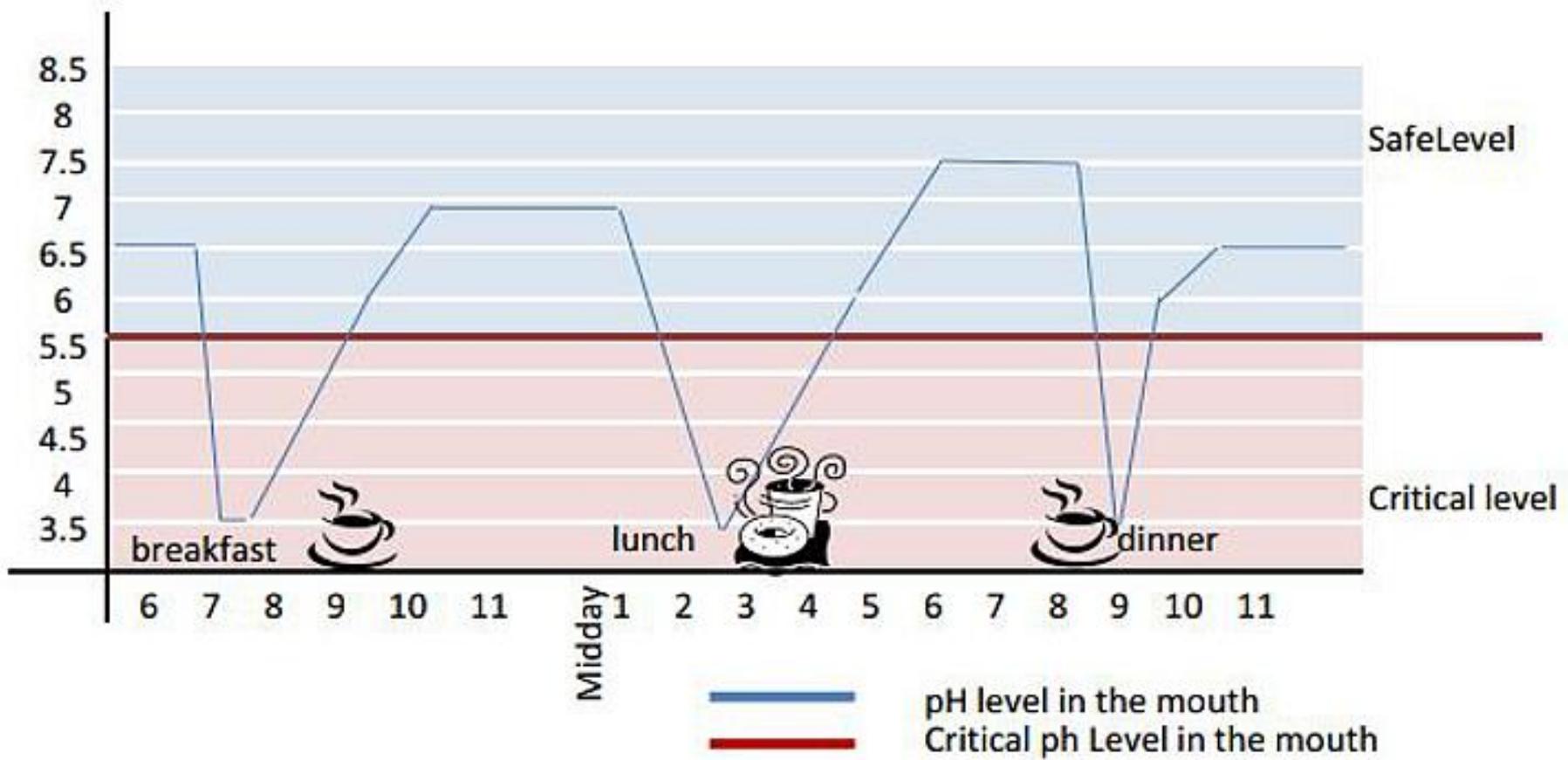
Time



Dental  
Decay

# Formula of Tooth Decay







# **Chakula kisicho faa kwa afya**

## **What does sugar do to our teeth?**

- **Sugar mixes with the plaque bacteria on the tooth surface forming acid. Acid attacks over time destroys the enamel of the tooth**
- **This leads to tooth decay, pain, abscesses, infection and illness**

# Sodas

**Why are Sodas bad for our teeth and health?**

**Soda is high in sugar and is also acidic. This causes decay and erosion of the enamel. It may also contribute to obesity and diabetes**

# Share a soda with...

**Decay**



**Obesity**



**Diabetes**



**Drinks which are good for your teeth**

# Maji



# Maziwa



# Chai

(Unsweetened)



# Meno ya mtoto

- **Brush teeth with a fluoride toothpaste morning and before bedtime**
  - **Don't let baby sleep with a bottle**
- **Do not dip soother in honey, jam or syrup**



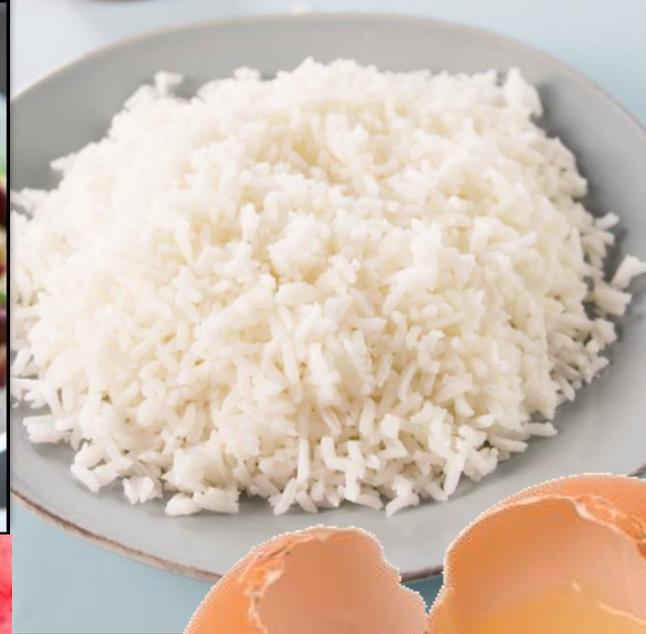
**Health** → **Disease**

**Baby teeth are very important**









# Healthy diet - healthy body

Eat healthy foods; fruit, vegetables, fish, meat, eggs and milk for healthy teeth and gums and a healthy body

# Gum Disease



# What causes gum disease?

## Plaque ;

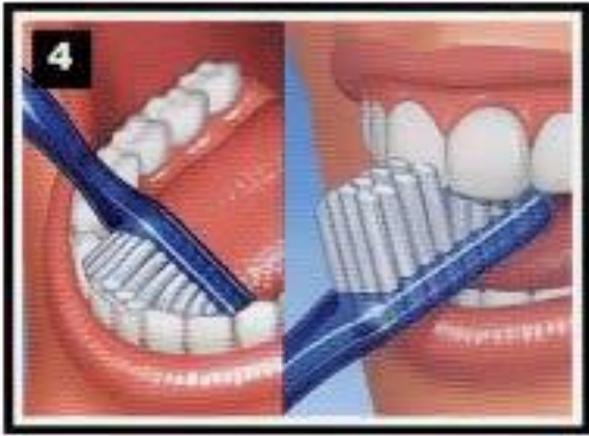
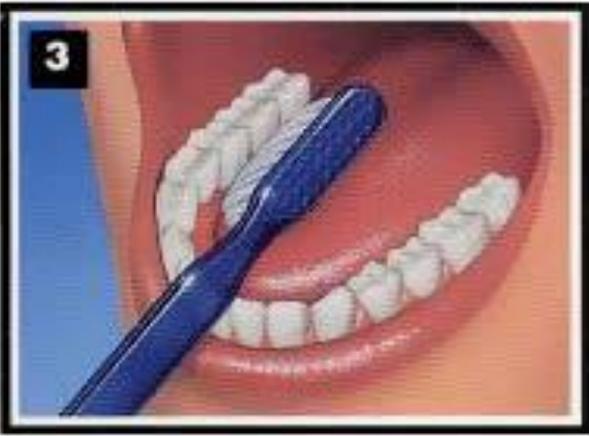
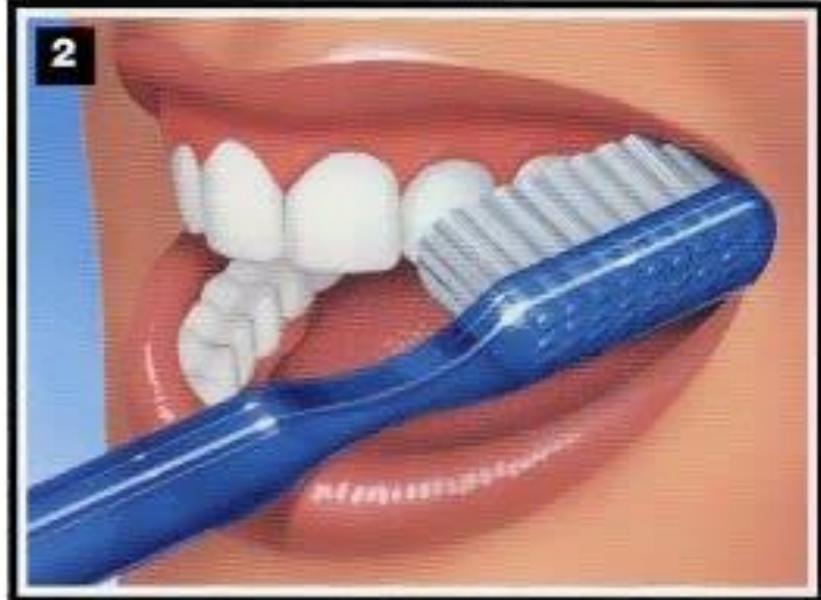
- **The soft sticky substance made up of bacteria that grows on all the teeth**
- **If it is not removed thoroughly, it causes gum disease**
- **Gum disease may cause you to lose your teeth.**



# Tooth brushing

- Tooth brushing is very important to remove the plaque and to keep the teeth and gums healthy
- Clean in between your teeth daily too
- Brushing with a fluoride toothpaste at least twice a day protects the teeth and makes the enamel stronger
- Makes breath fresh
- Spit out toothpaste and do not rinse away.
- Help children to brush their teeth

**\*Demonstrate how to brush properly\***



# Correct Brushing Technique

To effectively remove plaque from between the teeth and under the gum line

- **Place your toothbrush at a 45-degree angle to the gums**
- **Move the brush back and forth in short (tooth-wide) strokes or small circles**
- **Brush the outer surfaces, the inner surfaces, and the chewing surfaces of the teeth.**
- **To clean the inside surfaces of the front teeth, tilt the brush vertically and make several up-and-down strokes**

# Bleeding gums?

How to check your own  
gums ....





**Whitedent**  
Triple Action



# Fluoride Toothpaste



# 0-3 Years

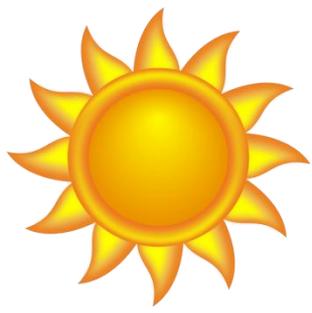
# 3+ Years



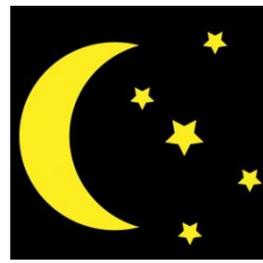
# How often should we brush?

Twice daily; last thing at night and one other time during the day

Cleaning in between teeth is for plaque removal (not just for food removal)

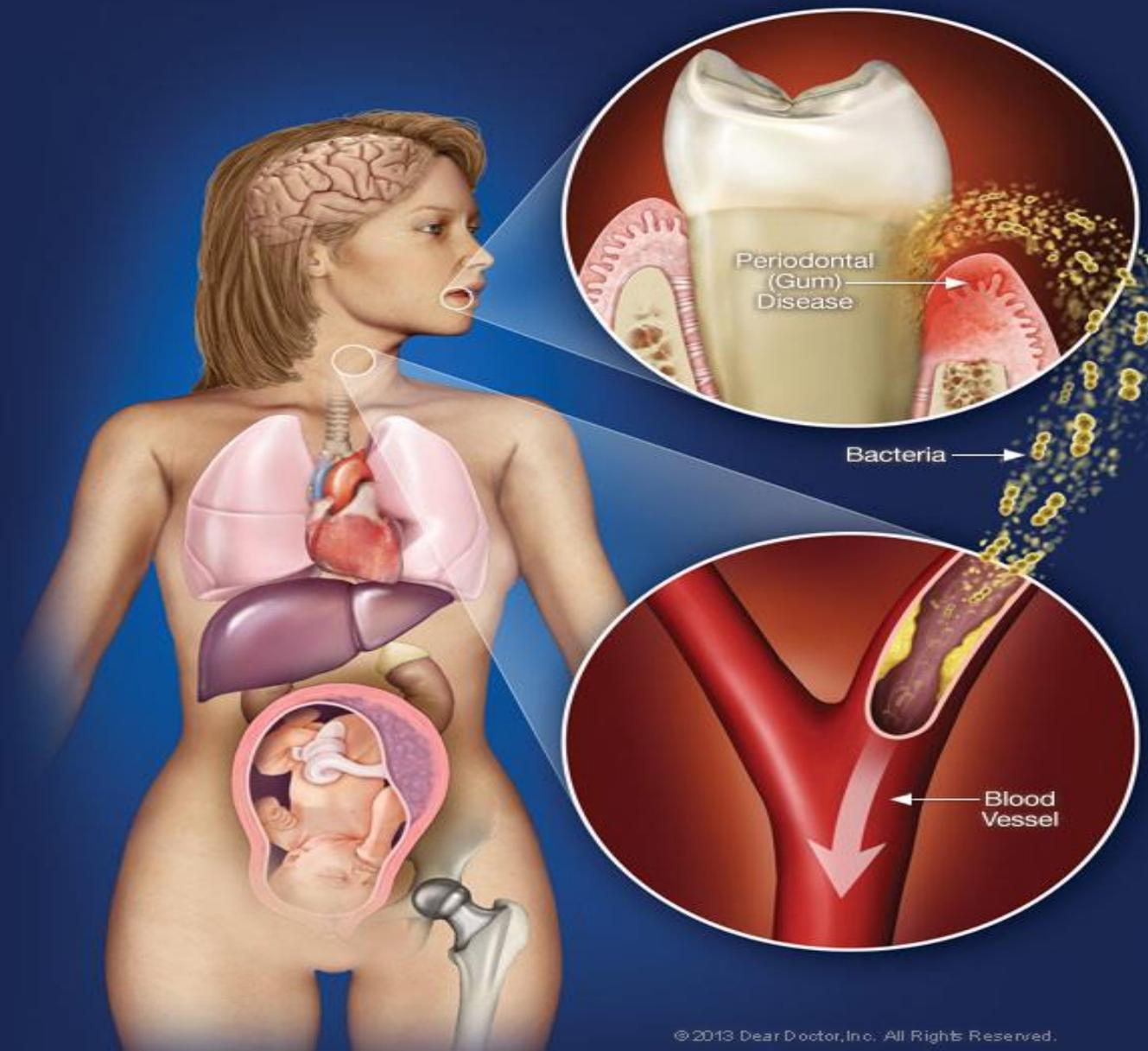


# Piga mswaki asubuhi na usiku





# Periodontal Disease Can Affect Your Diabetes & Body





### GENERAL DISEASES

Cardiovascular Diseases

Cancer

Diabetes

Respiratory Diseases



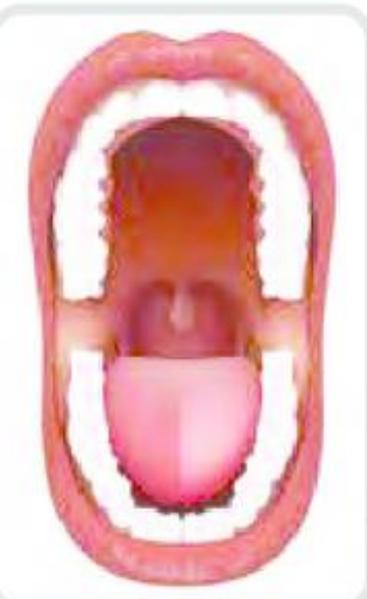
### COMMON RISK FACTORS

Tobacco

Alcohol

Poor Diet

Physical inactivity



### ORAL DISEASES

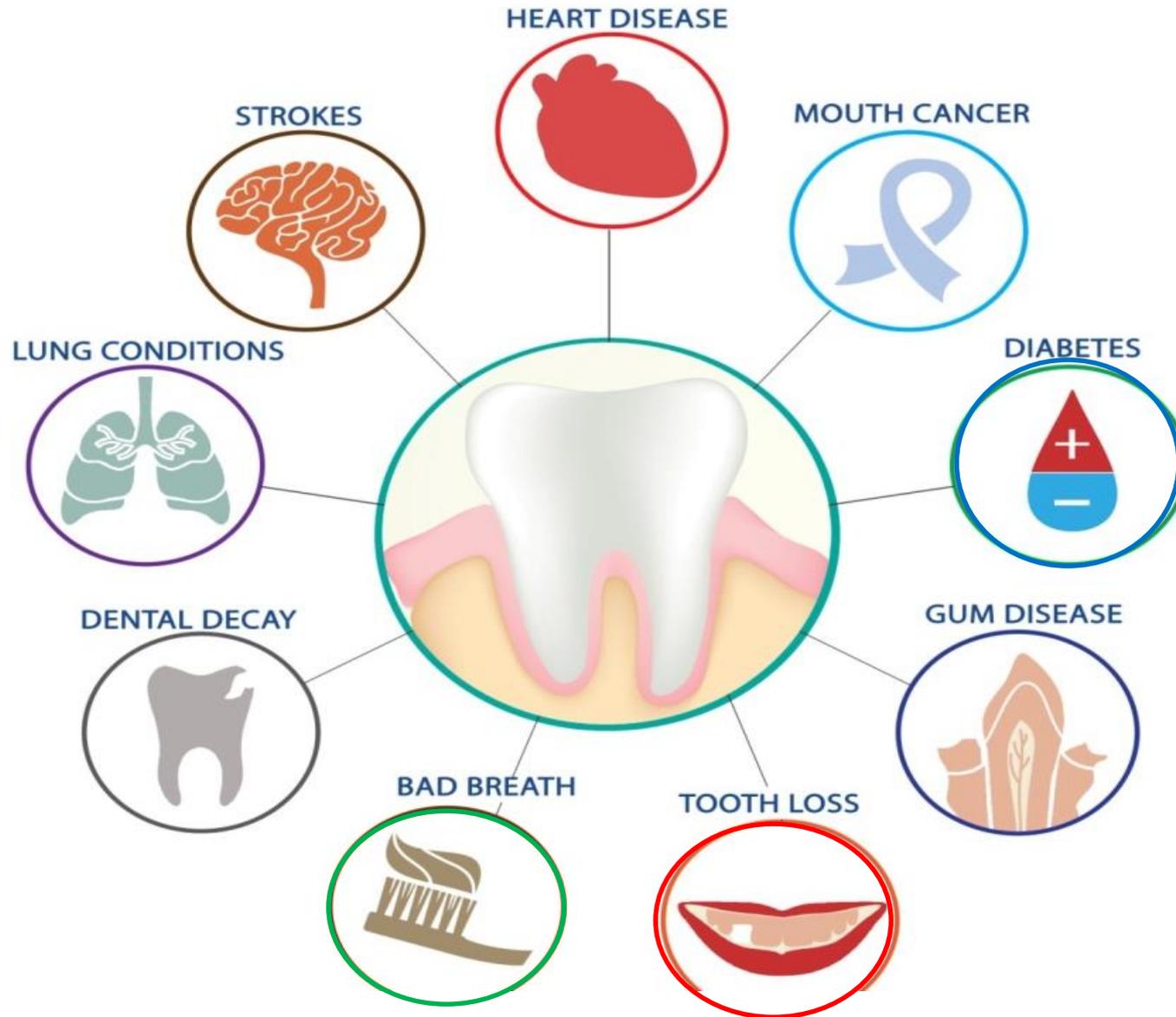
Periodontal Diseases

Oral Cancer

Caries



# Poor oral health can lead to a greater risk of disease



# Sigari



# Sigari / Smoking

- Smoking makes gum disease much worse
- Increases the risk of oral cancer and other cancers of the body
- Causes bad breath
- Stains teeth



# Alcohol & Oral Health



# Smoking + Alcohol

Smokers and drinkers are **30x**  
more likely to develop oral cancer

Healthy  
diet, good  
nutrition

Do not  
smoke

Avoid  
alcohol

Good  
physical  
activity

# Poor oral health can lead to a greater risk of disease

- Do not smoke
- Avoid or limit alcohol intake
- Eat a healthy nutritious diet, low in sugar and salt
- Have good physical daily activity

= reduce the risk of diseases of the body