

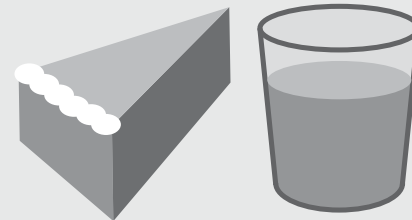


Think  
Teeth!

Ask:  
Do you have  
a dentist?

Mouth problems  
can be prevented  
by acting early

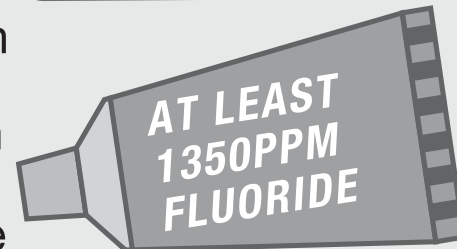
Limit sugary  
foods and  
drinks to  
main meals



Try a  
powered  
toothbrush



Use a high  
fluoride  
toothpaste



Brush teeth  
and gums  
twice daily

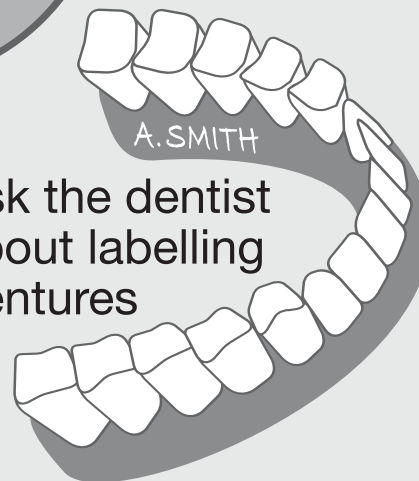
Do not  
rinse after  
brushing



A healthy mouth  
helps with  
eating, drinking,  
speaking and  
socialising with  
dignity and  
without pain

A painful or  
infected mouth,  
loose teeth,  
poor diet and  
dehydration can  
all impact on  
mood, behaviour,  
wellbeing and  
general health

Ask the dentist  
about labelling  
dentures



Medicines  
can cause oral  
side-effects

Consider  
sugar-free

