

# Oral Health Information and Nutrition



WELLBEING

A healthy mouth is important to your general health and wellbeing. Managing your oral health well can prevent tooth decay, bad breath, and gum disease and tooth decay.

Having a healthy mouth can also impact on how we feel about ourselves. If we do not have teeth and gums that look healthy we may smile less, or perhaps go out with our friends and family less as we have less confidence in our appearance.

It is important to remember that it is never too late to improve our oral health, sometimes it can be just a matter of taking that first step to go and ask for help. You might like to do this at your next GP visit. You can also contribute to your own oral health through a healthy diet, drinking water and reducing your intake of sugar.

Looking after your oral health now, will ensure that you are looking after your overall health and wellbeing now and into the future.

## Simple oral health care tips

- Drink plain tap water
- Brush your teeth twice a day, in the morning and before bed at night
- Limit how often you eat and drink sugary foods and drinks (like fizzy drinks and lollies)
- Chew sugar free gum to increase saliva flow
- Choose healthy foods (like fruit and vegetables, plain milk, water, yoghurt and cheese).
- Ask the pharmacist if your medication might affect your oral health, and what you can do about it.

## If you would like to get help with your oral health you can:

- Discuss it at your next health professional visit
- Contact a Community Dental Clinic (Centrelink Pensioner Concession Card or Health Care Card holders only)
- Visit a dentist and ask about the costs and if they may have a payment plan available