

THE PURSUIT OF

ORAL HEALTH

(HIGH SCHOOL LEVEL)



**The Los Angeles Trust  
for Children's Health**

Oral Health Initiative

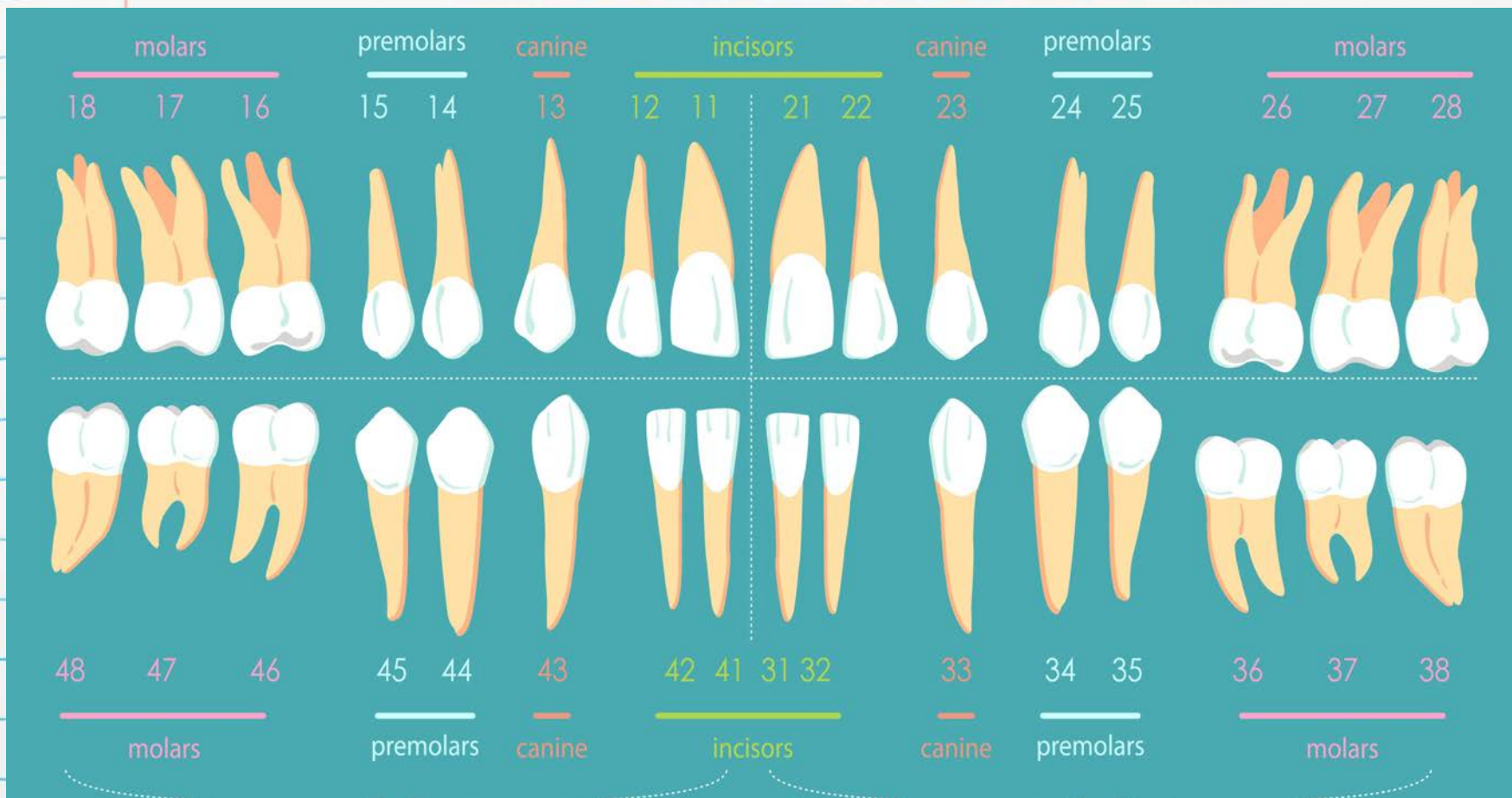
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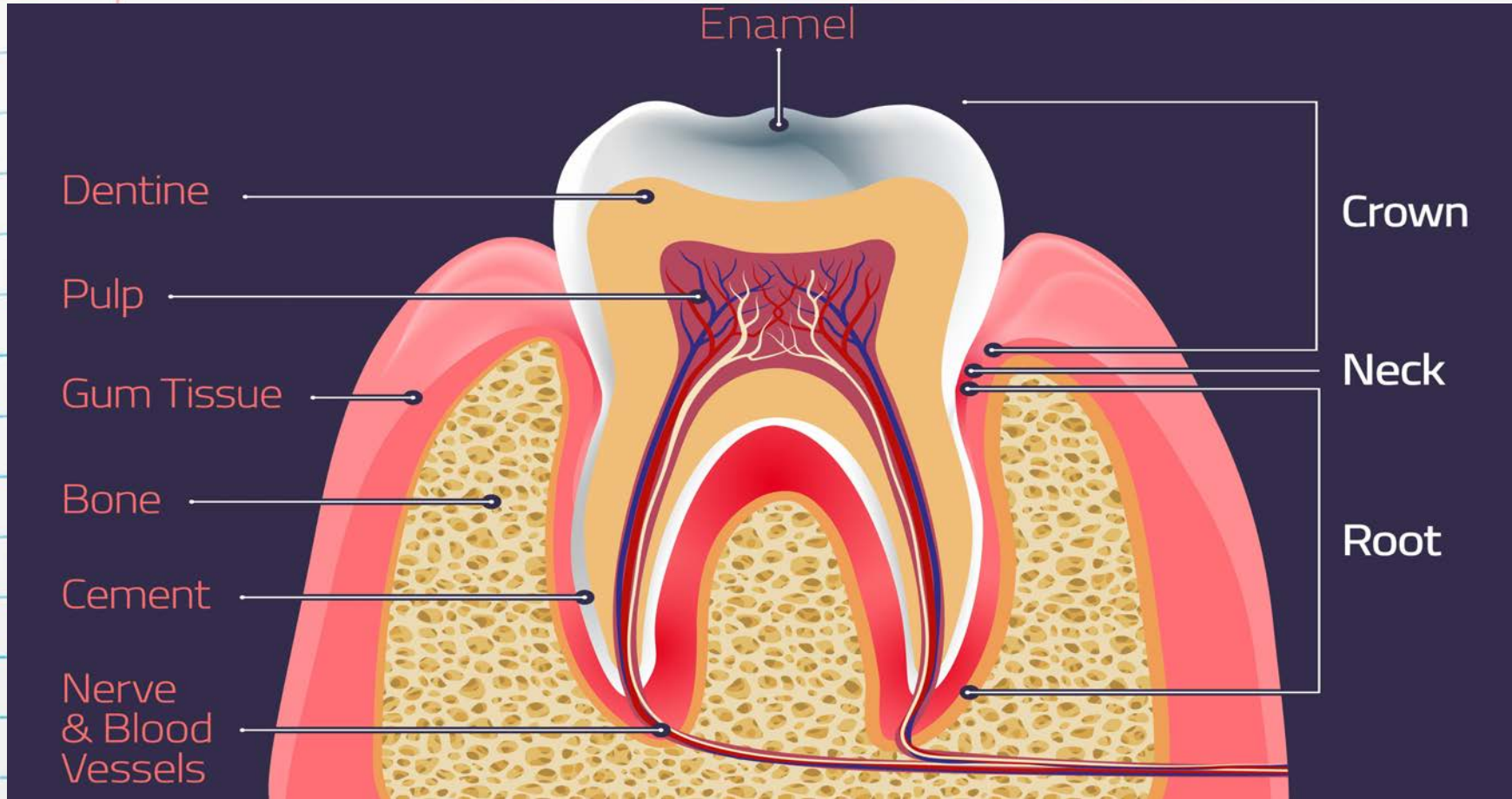
Let's talk about the functions of our teeth:

To bite, chew, for speech and jaw growth

# TYPES OF TEETH



# ANATOMY OF A TOOTH



# ORAL HEALTH DISEASE



# TOOTH DECAY

Plaque + Sugar = Acid

Acid + Tooth = Decay

Cavities cause:

- Toothache
- Bad breath
- Abscesses
- Tooth Loss



# TOOTH DECAY

Plaque hardens to form tartar



Acid wears out surface of the enamel. This takes time



Erosion is faster in the dentine because it is softer



Erosion hits the pulp, where nerves and blood vessels are



This stage is not painful

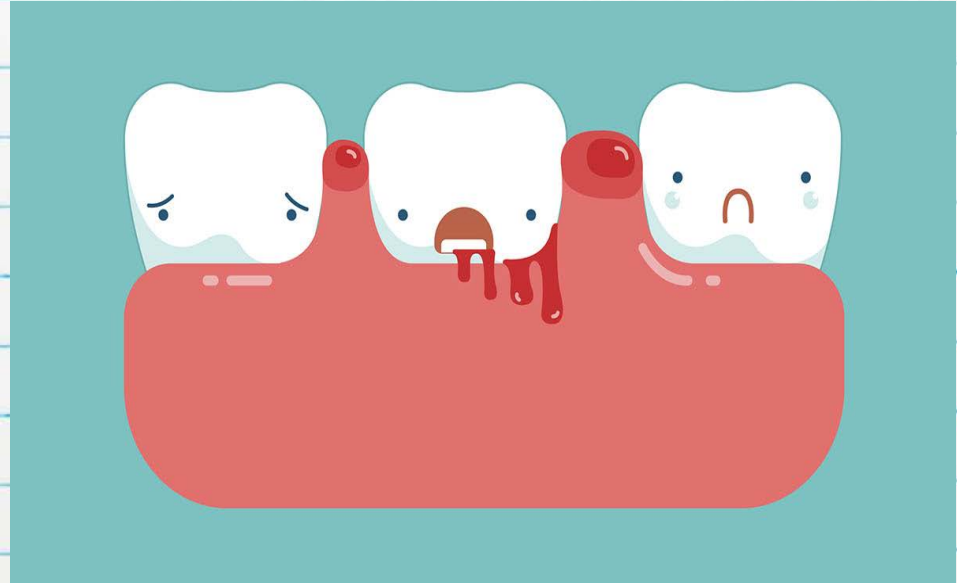
This stage is painful

This stage is very painful

# BLEEDING GUMS

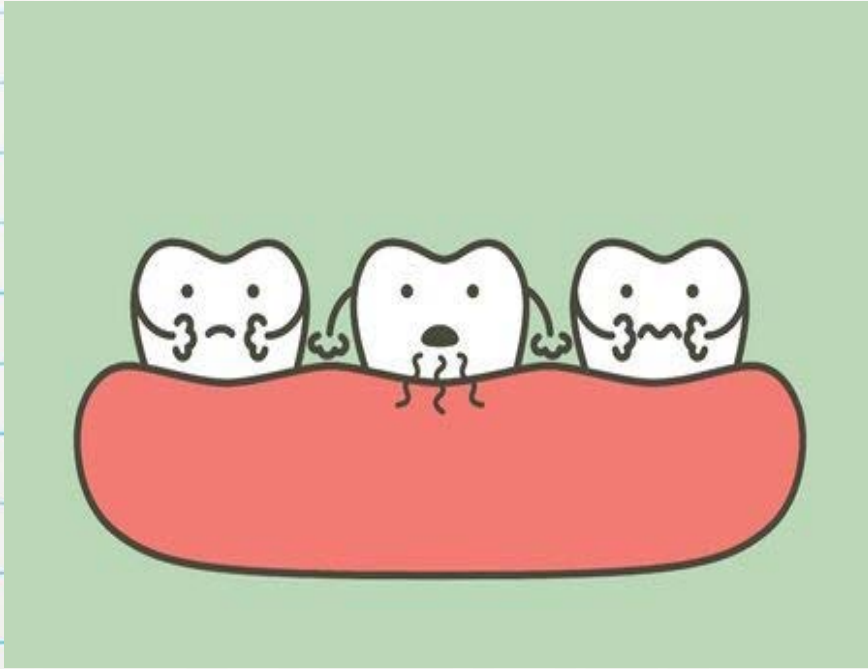
Caused by:

- Poor oral hygiene
- Plaque
- Brushing too hard
- Infections





# BAD BREATH



Caused by:

- Poor oral hygiene
- Alcohol & Drugs
- Smoking
- Bacteria on tongue
- Certain Foods
- Dry mouth

# HEALTH CONCERNS

*Smoking, alcohol and drugs cause:*

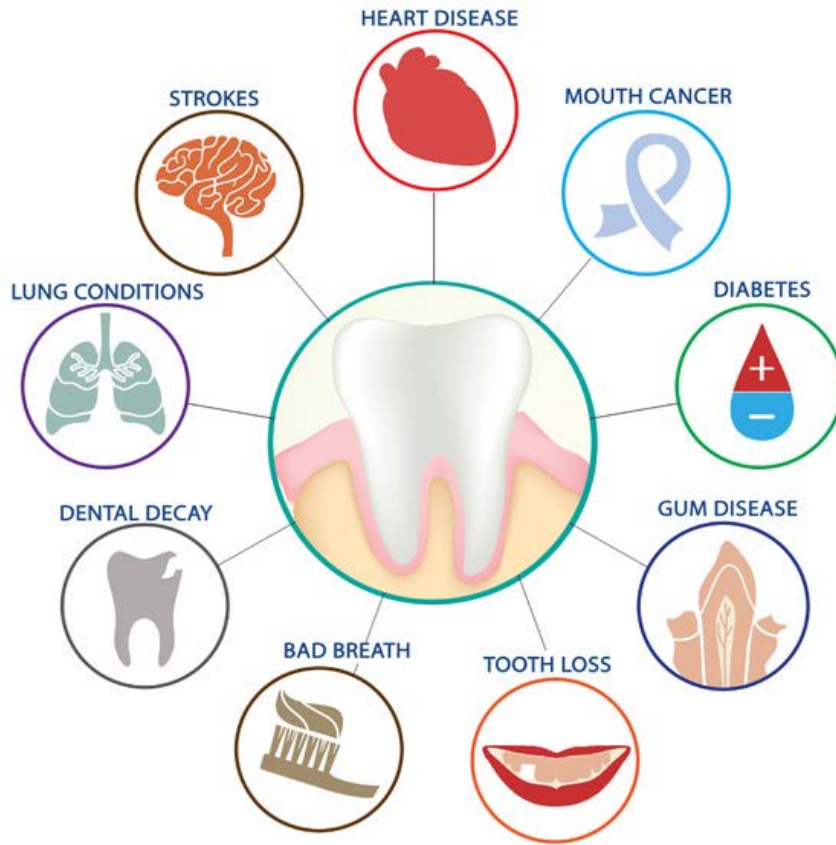
- *Tooth ache*
- *Staining*
- *Tooth decay*
- *Tooth loss*
- *Dry mouth*
- *Gum Diseases*
- *ORAL CANCER*

**SAY NO! ALWAYS!**



*Nothing cute about this!!!*

# ADDITIONAL HEALTH CONCERNS



- GI Disease
- Weakened Immune system
- Arthritis
- Pre-term & low weight babies

# ORAL HYGIENE

- The easiest things we can do to keep up our oral hygiene is to brush our teeth.



- Brush twice a day with fluoride toothpaste, once in the morning and once at night for at least 2 minutes.



# FLOSSING

- *It can help dislodge and stuck food between our teeth*
- *Floss at least once a day, preferably in the evening to maintain our oral health*



# TONGUE CLEANING

- *Removes germs on tongue*
- *Fights bad breath*
- *Improves taste sensation*





# CHOOSE TO EAT HEALTHY!!





# REGULAR DENTAL VISITS



# ORAL HYGIENE TIPS



- *Brush twice a day for two minutes*
- *Floss once a day*
- *Visit a dentist twice a year*
- *Replace your toothbrush regularly*

# FLUORIDATED DRINKING WATER

No Fluoride	Fluoride	
		
1. Reduces the formation of plaque acids	2. Helps prevent mineral loss caused by plaque acids	3. Promotes re-mineralisation of early decay



FLUORIDE MAKES TEETH STRONGER!!

# CARING FOR A BABY'S TEETH

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*Cavities are contagious!*

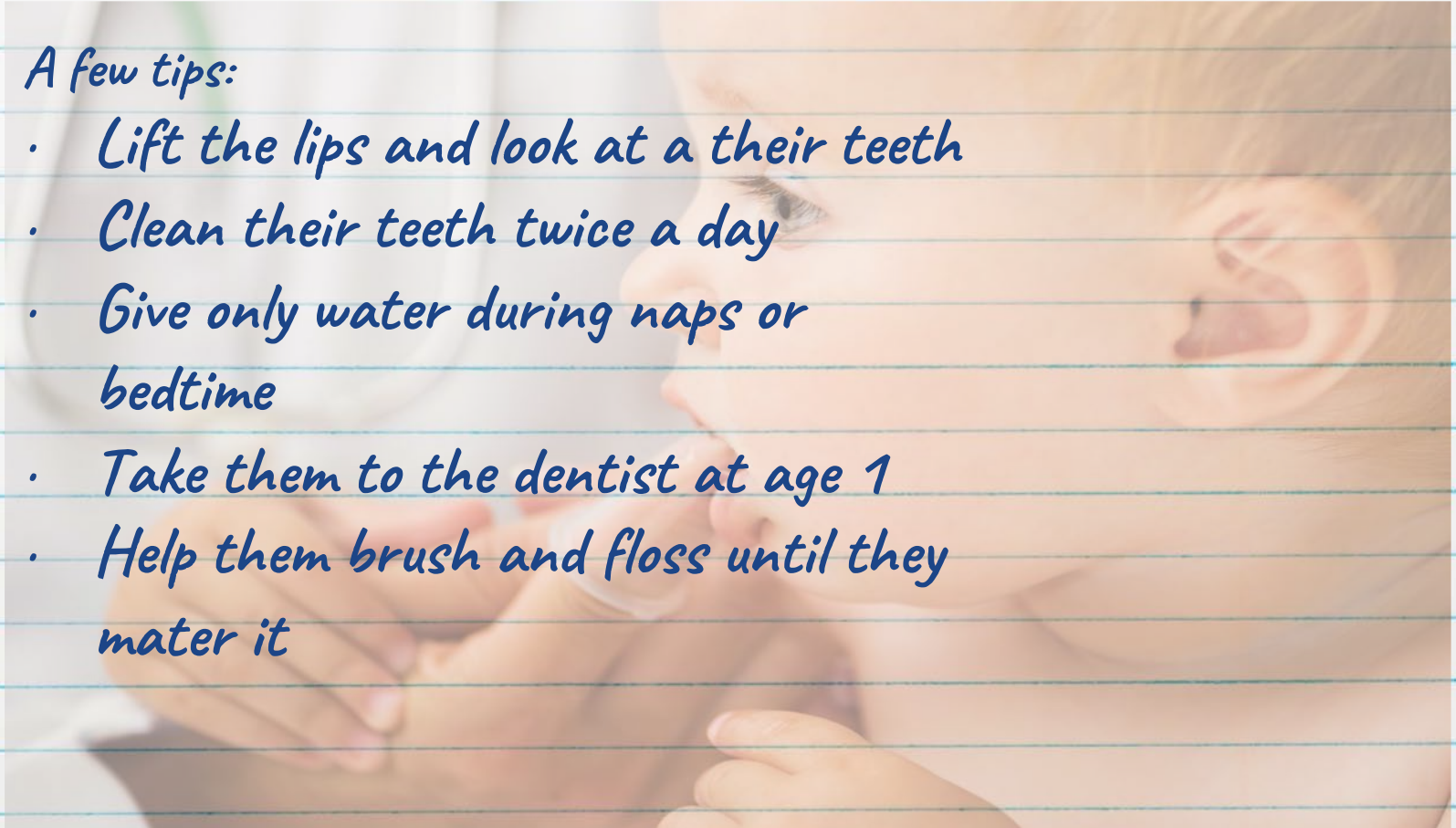


*It's important to take care of baby's teeth, even before they are born. Mothers should take good care of her teeth and overall health!*

# PROTECTING BABY'S TEETH

*A few tips:*

- Lift the lips and look at a their teeth*
- Clean their teeth twice a day*
- Give only water during naps or bedtime*
- Take them to the dentist at age 1*
- Help them brush and floss until they mater it*



# KISSING AND ORAL HEALTH



We have over 700 species of bacteria and organisms in our mouth.

- One kiss lasting approximately 10 seconds can transfer 80 million bacteria from mouth to mouth
- Increase contagious illnesses, such as the common cold, herpes simplex virus or certain mouth warts
- It can transmit the bad bacteria that lead to cavities. This risk is particularly important to keep in mind when kissing babies and newborns.

## Protect you and your loved ones' oral health

- Avoid kissing babies directly on the lips to prevent putting them at risk for tooth decay.
- Do not kiss someone if you – or they – are ill or have any mouth sores present.



*Any questions?*

*You can find us at [OHI@thelatrust.org](mailto:OHI@thelatrust.org)*

# CREDITS

Special thanks to all the people who made and released these awesome resources for free:

- Presentation template by SlidesCarnival
- Photographs by Unsplash