



ORAL HEALTH

MIDDLE SCHOOL LEVEL

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

Functions of Teeth

Bite

Chew

Smile

Speech

Jaw growth



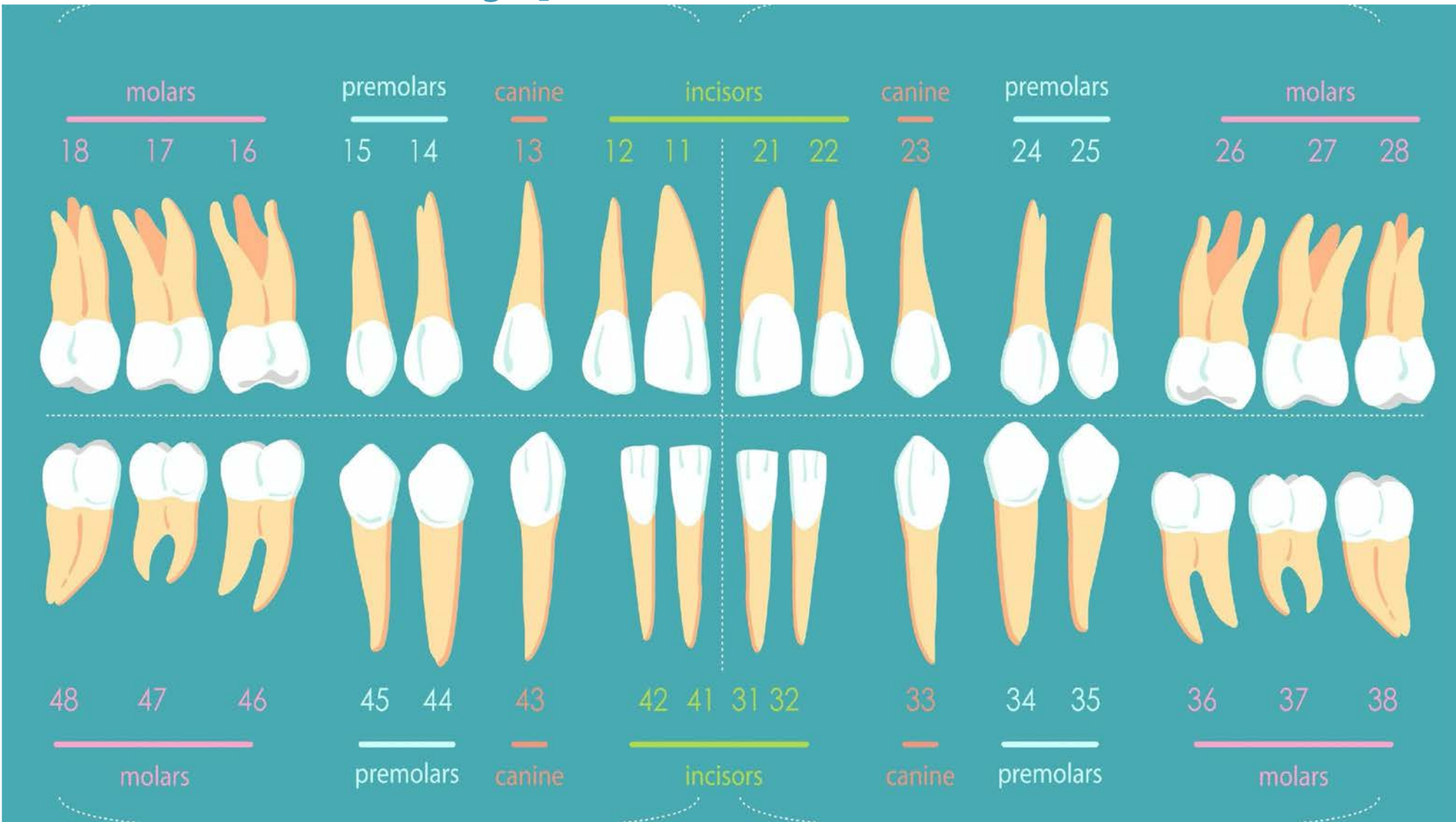
Sets of Teeth

Primary Dentition OR
Baby/Milk Teeth
20 in number

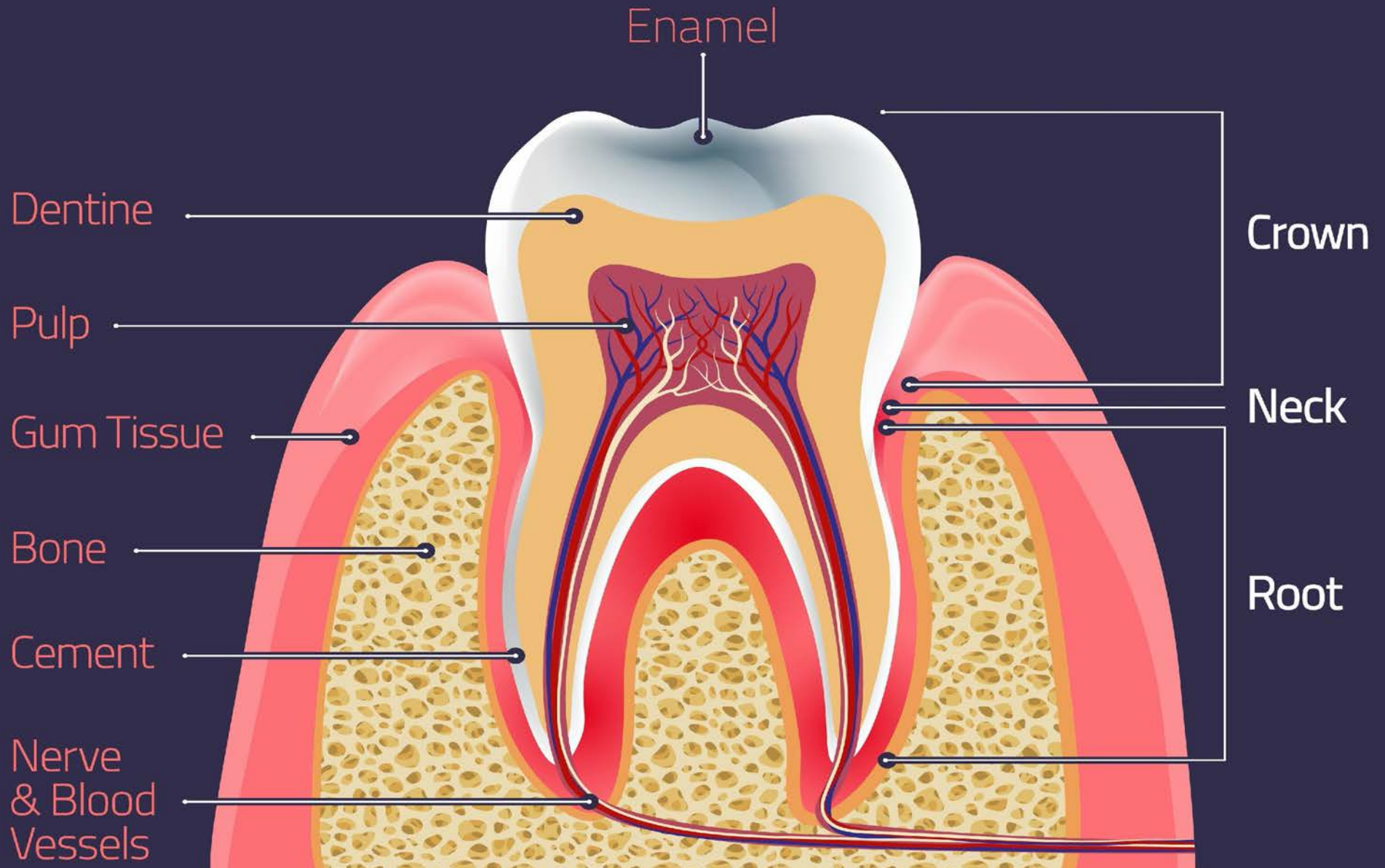
Permanent Dentition
OR Adult Teeth
32 in number



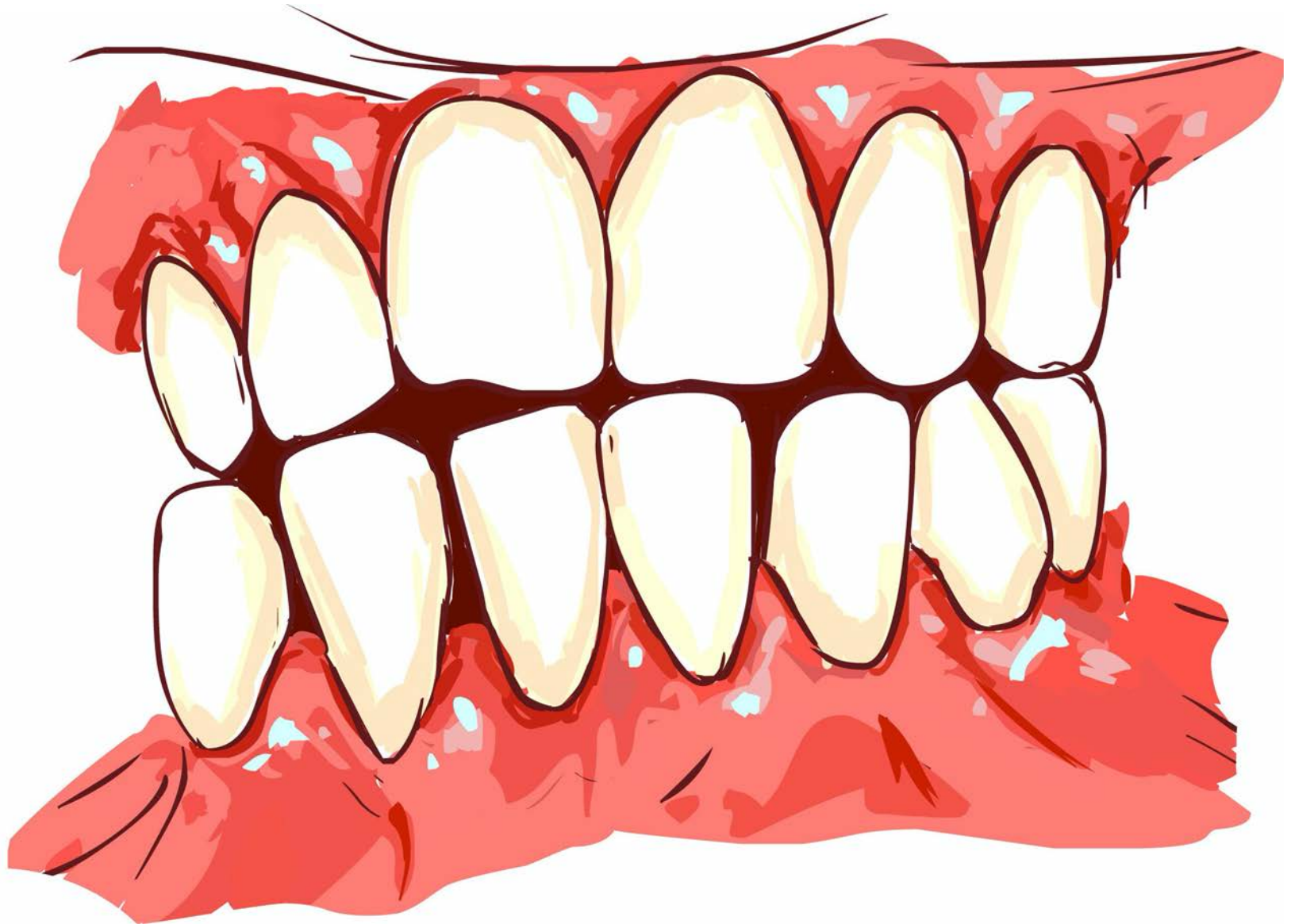
Types of Teeth



Parts of a Tooth



ORAL DISEASES



Tooth Decay

Plaque + Sugar = Acid

Acid + Tooth = Decay

Cavities cause:

- Toothache
- Bad breath
- Pain while chewing
- Abscesses
- Tooth loss



Tooth Decay

Plaque hardens to form tartar



Acid wears out surface of the enamel. This takes time



This stage is not painful

Erosion is faster in the dentine because it is softer



This stage is painful

Erosion hits the pulp, where nerves and blood vessels are



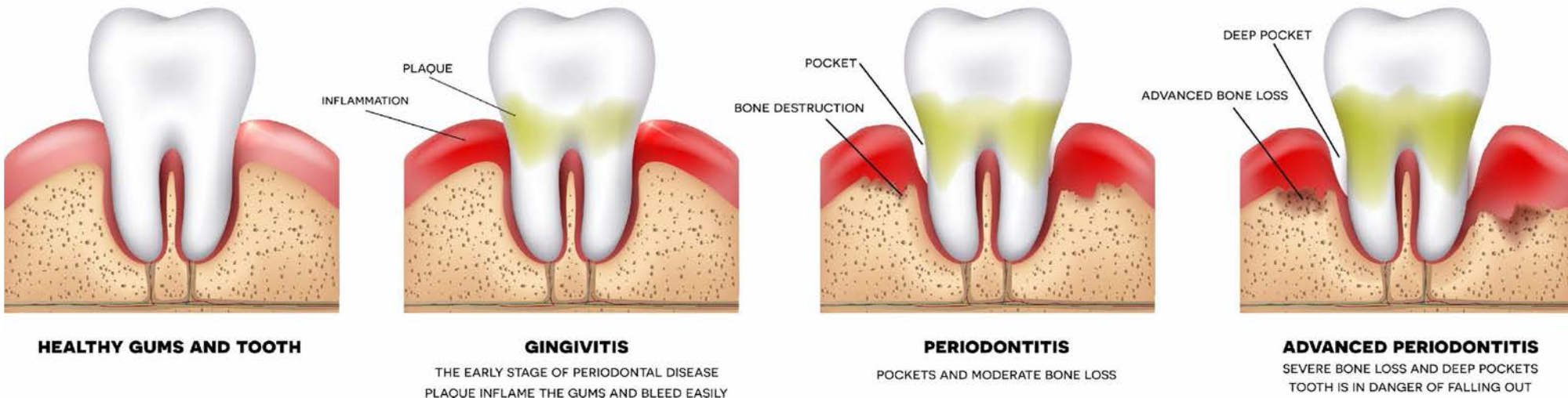
This stage is very painful

© eSchooltoday

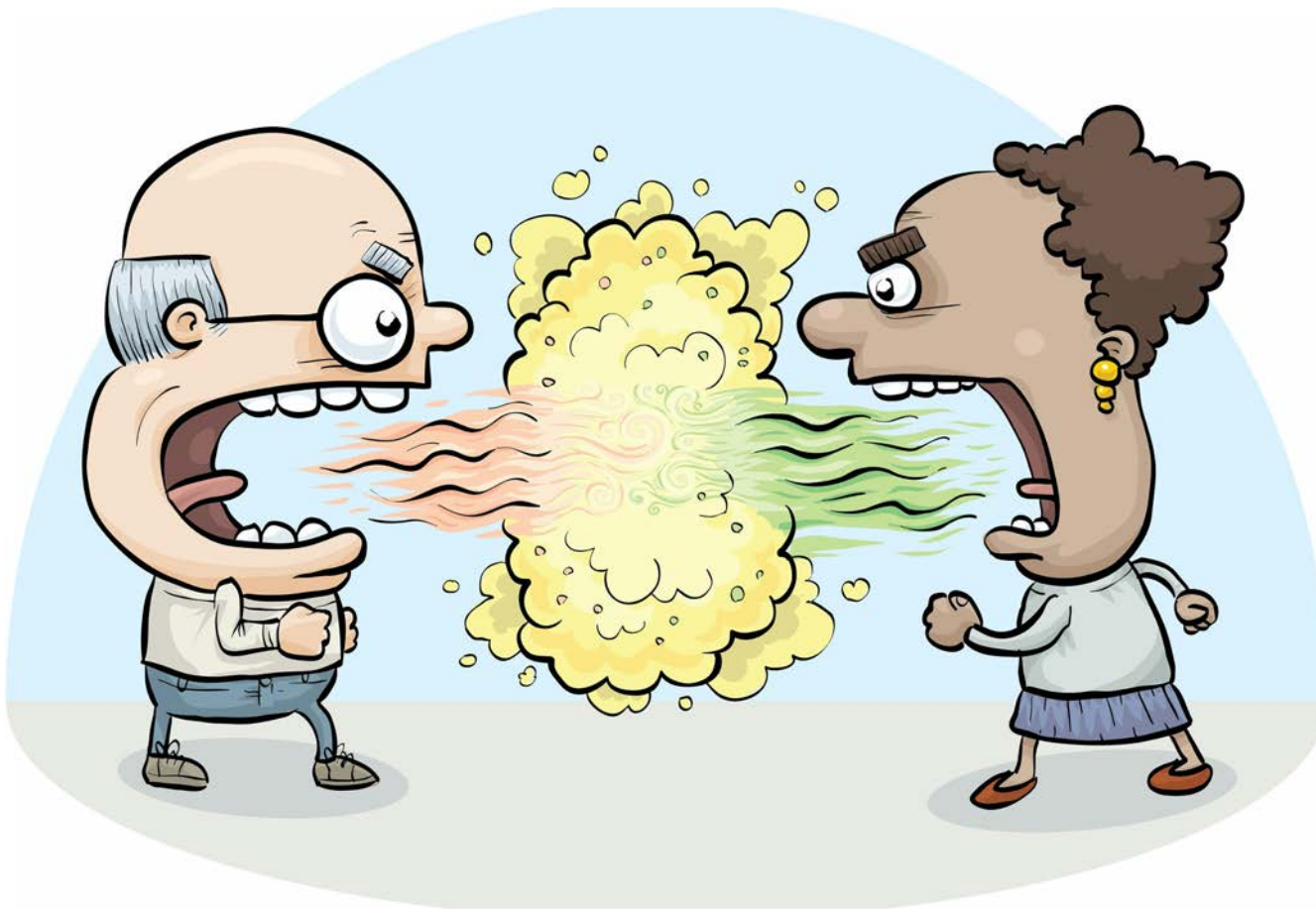
Gum Diseases

Caused by:
Poor oral hygiene
Plaque Infections

Result in:
Red, swollen gums that
bleed easily and are
unsightly!



Bad Breath



Caused by

- Poor oral hygiene
- Certain foods
- Bacteria on tongue
- Dry mouth
- Infections
- Alcohol & Drugs

Health Concerns

Smoking, Alcohol and
Drugs cause:

- Tooth
- Staining
- Tooth Decay
- Tooth Loss
- Dry Mouth
- Gum Diseases
- ORAL CANCER

Say NO! Always!



**Nothing attractive about this!!!
#aftereffects #notsofly**

Health Concerns

Poor Oral Health is related to:

- Heart Disease & Stroke
Diabetes
- Respiratory Diseases
- GI Diseases
- Weakened Immune
System
- Arthritis
- Preterm Low weight
Babies



Oral Hygiene



The background features a watercolor-style illustration of dental hygiene items. A central green toothbrush is oriented vertically. To its left, a red toothpaste tube is shown with its cap removed. To the right, another green toothbrush is shown horizontally with a dollop of pink and white toothpaste on its bristles. Below the central toothbrush, a red toothpaste tube is shown at an angle. The overall style is soft and artistic, using pastel colors and visible brushstrokes.

Brushing



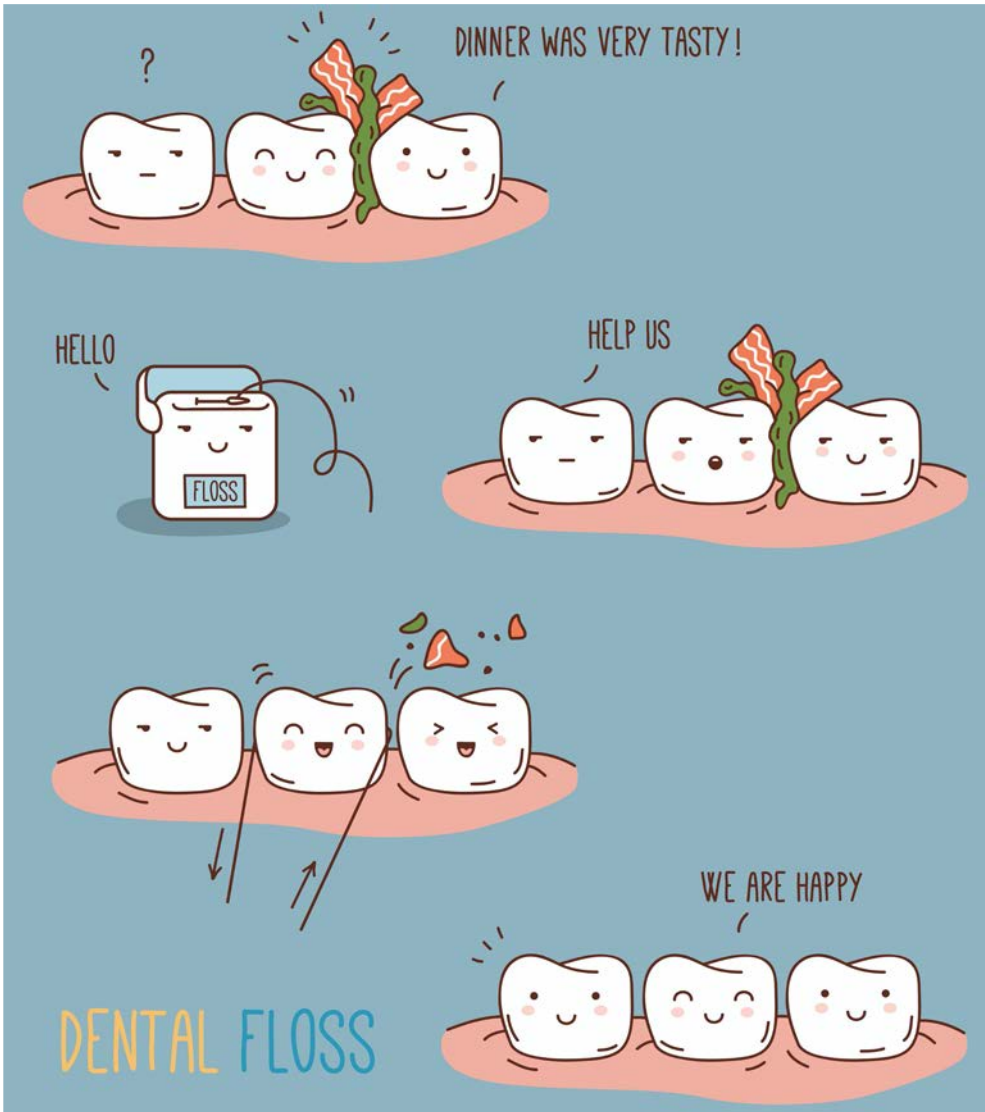
Learn to

Brush

that plaque away!!

[CLICK HERE](#)

Flossing



[Bedtime](#)

FLOSS
Stories

[CLICK HERE](#)

Tongue Cleaning

- Removes germs on tongue
- Fights bad breath
- Makes food tastier



GOOD DIET



BAD DIET



Regular Dental Visits





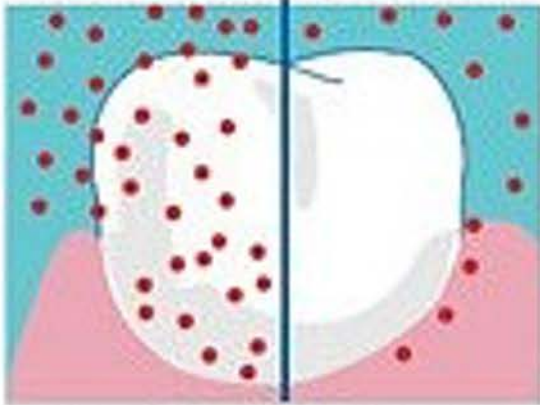
Oral Hygiene Tips

- Brush **TWICE** a day for **TWO** minutes
- Floss once a day
- Visit a Dentist **TWICE** a year
- Replace your toothbrush regularly

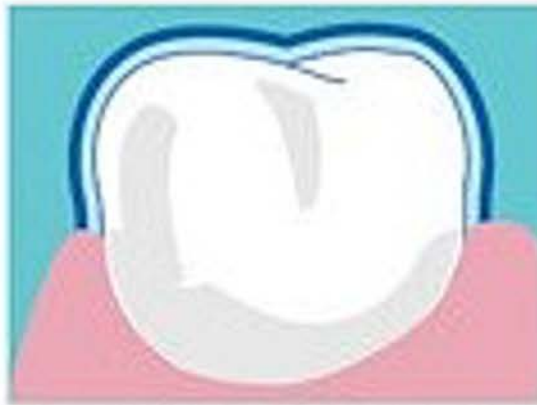


Fluoridated Drinking Water

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



Thank
you