

The Basic of Oral Health



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

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Tooth Decay



- Tooth decay is the most common chronic disease among children



- It is the leading cause of school absence and affects 7 out of 10 children in Los Angeles

Our Mouth



- Our mouth is an important part of who we are

It allows us to:

- Talk
- Smile
- Chew
- Taste



Prevention

- Tooth decay can be prevented by brushing your teeth 2 times a day for 2 minutes,
- flossing daily and
- visiting a dentist 2 times per year.

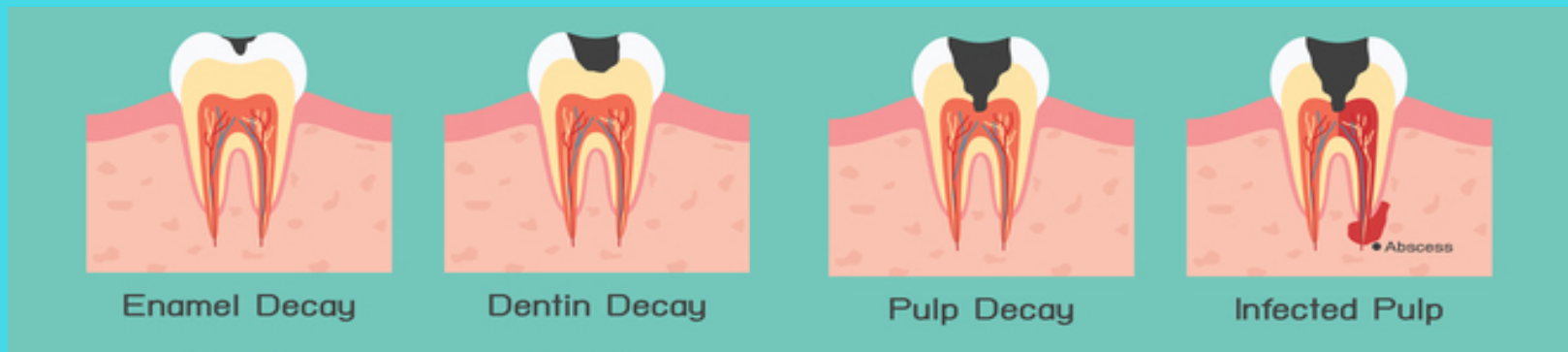


- Medi-Cal is available to ALL low-income children under 19 years old, regardless of immigration status.
- If your child has health coverage through Medi-Cal or a Covered California health plan, he or she also has dental coverage and can go to the dentist for regular checkups and care.



What are cavities?

- Sugar and starch from foods like bread, rice, pasta, soda and sweets mix with the bacteria in your mouth to make acid... this acid will make holes in your teeth known as cavities.



Cavities are Contagious



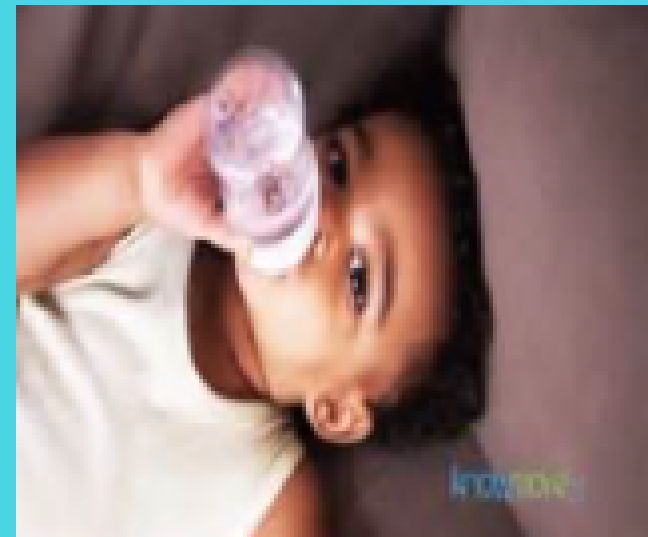
- Bacteria that causes cavities can be transferred from your mouth to your child's mouth.
- Babies teeth will fall out but the bacteria will stick around and cause cavities and gum disease when their permanent teeth grow in.



Take Care of Your Baby's Teeth

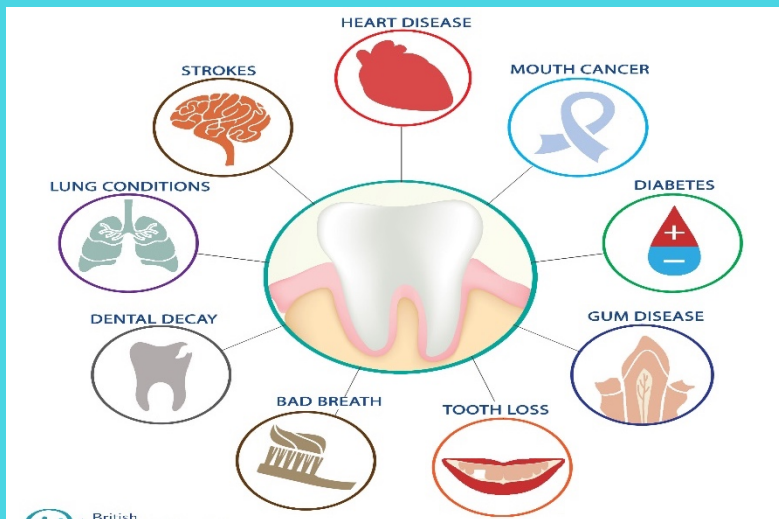


- Lift the lip and look at the baby's teeth
- Clean your baby's teeth twice a day
- Use water only in the bottle at nap or bedtime
- Take your child to the dentist at age 1



The health of your month

- The health of your mouth, teeth and gums affects the health of your whole body.
- Cavities, plaque and gum disease are linked to heart disease, stroke, diabetes, obesity, and can negatively affect pregnant women.



The health of your mouth is linked to...

- 1 Heart Disease & Stroke**
- 2 Respiratory Disease**
- 3 Arthritis**
- 4 Diabetes**
- 5 Gastrointestinal Disease**
- 6 Pre-Term Low Birth Weight Babies**

An anatomical illustration of a human torso from the neck to the abdomen. A yellow line starts at the mouth and branches out to connect to six numbered callouts (1-6) that point to specific organs: 1 points to the heart, 2 to the lungs, 3 to the joints, 4 to the pancreas, 5 to the stomach and intestines, and 6 to the lower abdomen. This visualizes the systemic impact of oral health on various parts of the body.

Smoking



- Cigarettes and chewing tobacco are harmful to your oral health.
- Smoking and chewing tobacco are known to cause tooth staining, gum disease, tooth loss, and mouth cancer.



Keep your teeth and body strong



- Keep your teeth and body strong by eating healthy foods like fruits, vegetables, lean proteins and drinking/cooking with tap water.
- Our tap water contains fluoride, a mineral that helps to prevent tooth decay.



Recommendations

- Brush your teeth 2 X each day
- Floss every day
- See a dentist 2 X each year
- Eat healthy foods
- Limit sugary foods and sodas
- Drink & cook with tap water
- Don't smoke or chew tobacco



Thank you

Questions?

