

Oral Health for All

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Overview

- Understanding Oral health
- Importance of oral Health
- Common oral health conditions
- Dental Neglect
- How to assess for dental neglect
- How to take care of your oral health



Understanding Oral Health

- Oral health is crucial for overall well-being.
- Good oral hygiene prevents dental problems and improves quality of life.
- Oral health can be seen as the total condition of the mouth and facial structures that allow people to carry out functions like breathing, eating, and speaking.



Every tooth in a
man's head is more
precious than a
diamond.

- *Miguel de
Cervantes*



Why Oral Health Matters

Good oral health is linked to a better quality of life.

Prevents tooth decay and gum disease.

Enhances self-esteem and confidence.

Contributes to overall health.

Reduces risk of developing certain systemic diseases.

Oral Health and Overall health

- Poor oral health in childhood can lead to:
 - Pain and discomfort, affecting nutrition, learning, sleep and speech development.
 - Increased absenteeism from school, impacting education.
 - Long-term health issues, including cardiovascular disease and diabetes.
 - Poor self-esteem and other mental health impacts

Oral Health and Overall health

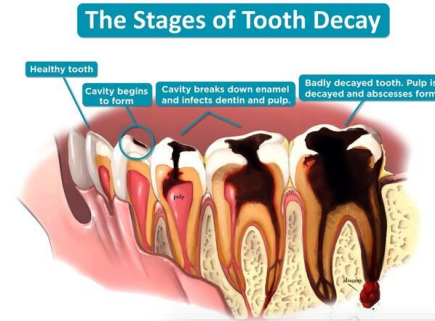
Poor oral health can cause or worsen certain diseases in the body.

Oral bacteria has been linked to diabetes, low infant birth weight and premature births, arthritis, atherosclerosis and cardiovascular disease, hypertension, chronic infections and other inflammatory diseases.

- **Heart Disease:** Inflammation and bacteria from the mouth can enter the bloodstream, contributing to the formation of arterial plaque and triggering inflammation in the hearts vessels.
- **Diabetes:** Diabetics are more prone to gum disease due to reduced blood flow and increased sugar levels in the mouth. Gum disease can make it harder to control blood sugar levels, creating a two-way relationship.
- **Pregnancy and birth complications:** Gum disease called periodontitis has been linked to premature birth and low birth weight.
- **Lung Conditions:** There is a clear link between poor oral health and respiratory diseases
- **Stroke and Alzheimer's:** Bacteria that causes gum disease has been seen to increase stroke risk and developing Alzheimer's.

Common Oral Health Issues

- Tooth Decay: Caused by sugary foods broken down by bacteria in the mouth over time.
- Gum Disease: Inflammation and infection of gums.
- Bad Breath: Caused by poor oral hygiene, certain foods, or medical conditions.
- Tooth Sensitivity: Caused by worn enamel or exposed roots.



*Dentistry is not
expensive.....
neglect is!*



Dental Neglect

Dental neglect is defined by the British Society of Paediatric Dentistry as: ***'...the persistent failure to meet a child's basic oral health needs, likely to result in the serious impairment of a child's oral or general health or development.'***

'Dental disease, like any other finding in cases of suspected abuse or neglect, should never be interpreted in isolation but always assessed in the context of the child's medical and social history and developmental stage.'

Types of Dental Neglect

Untreated tooth decay



Untreated dental trauma



Dental Neglect (Risk and Indicators)

A child could be at risk of:

- being teased because of poor dental appearance
- needing repeated antibiotics
- repeated exposure to the morbidity associated with general anaesthesia
- severe acute infection which can cause life-threatening systemic illness.

Consider the following which may indicate concerns regarding neglect:

- Dental hygiene poor/not registered with a dentist
- failure to seek or delay seeking dental treatment after advice given.
- failure to comply with or complete treatment after advice given
- failure to provide basic oral care after advice given

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How do I assess if this is neglect and how do I make a safeguarding referral?

- Local information about neglect/resources to aid assessment and decision-making visit the Swindon Safeguarding Partnership (SSP) webpage [Neglect - Swindon Safeguarding Partnership](#).
- See also the [SSP Neglect Framework and Practice Guidance](#), and [Neglect Screening Tool](#).
- If you suspect a child/young person is being abused/neglected, or you are concerned about their welfare/well-being you should report your concerns.
- Further guidance on assessing dental neglect is available in this British Dental Journal article (BDJ) [website](#) and the Royal College of Paediatrics and Child Health [website](#).
- Further advice is available [here](#).
- New systematic review on dental neglect available [Dental neglect: systematic review - RCPCH Child Protection Portal](#)

Comparison images of a healthy mouth/teeth and tooth decay



This is an example of a healthy child's mouth. Pale pink gums and clean, shiny teeth.

The same appearance would be seen in an older child or adults mouth



This is bottle caries in the mouth of a young child.

This happens when a child is left to 'graze' frequently on a bottle containing sugary drinks.

Many children have to undergo more than one general anaesthetic to remove teeth. Some parents consider this as 'the norm'.



Tooth Erosion

This is a picture of tooth erosion. This occurs when tooth enamel is worn away. Teeth appear transparent, the edges of the teeth wear down, uneven and are extremely sensitive.

Causes:

- ✓ Frequent Fizzy drinks (diet or regular),
- ✓ Fruit juice and squashes.
- ✓ Foods, (vinegars, pickles, fruits,)
- ✓ Medication (inhalers)

Other causes:

- ✓ Illnesses Anorexia, Bulimia, Pregnancy and hiatus hernia



This is rampant tooth decay in a three and a half year old, caused by a poor diet high in refined carbohydrates and sugar, and insufficient tooth brushing.

How to maintain good oral health

TOOTHBRUSHING

**DIET –REDUCE
SUGARY FOODS**

FLOSSING

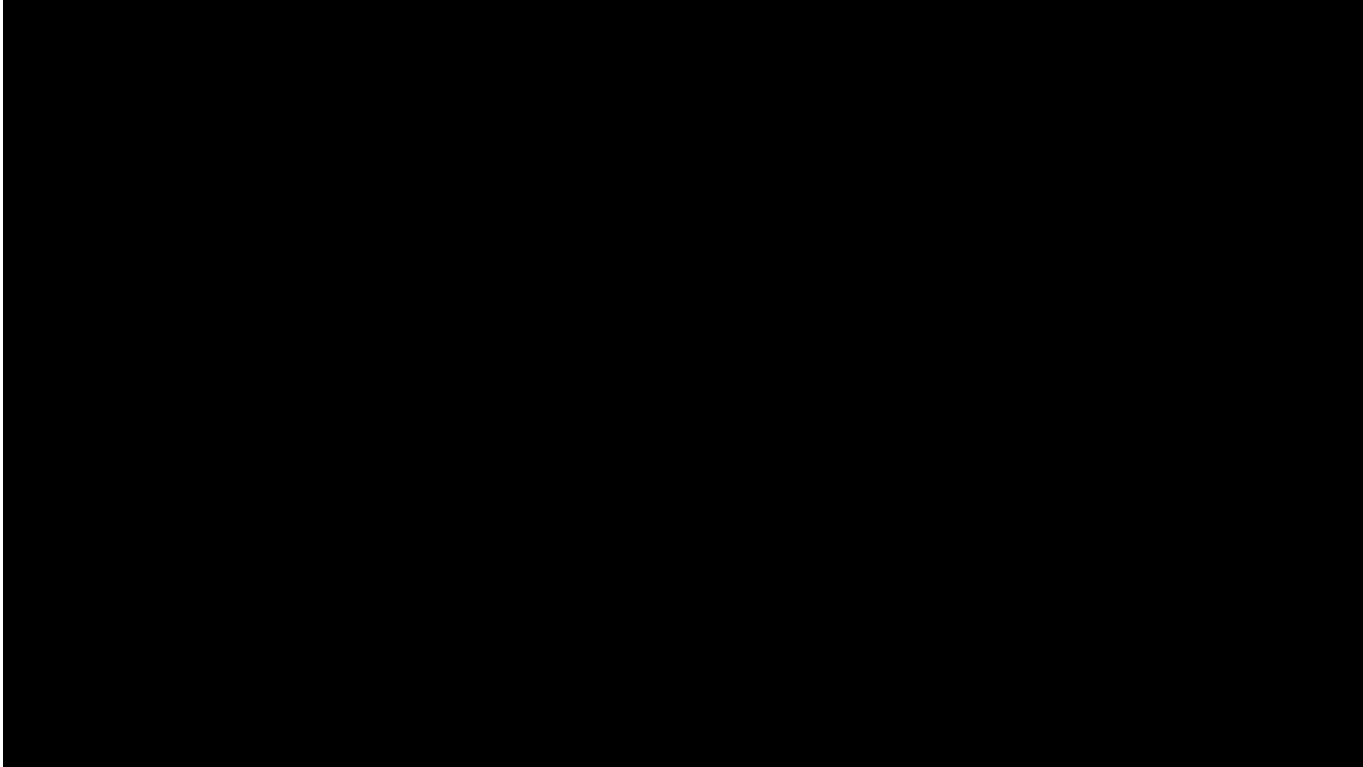
**REGULAR DENTAL
CHECKS**

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Toothbrushing



- Brush at least 2 times a day – last thing at night and one other time during the day.
- Use fluoride containing toothpaste with at least 1350ppm of fluoride.
- Brush all surfaces of the teeth with toothbrush angled at 45 degrees to the gum.
- Brush for at least 2 minutes with a medium or soft bristled toothbrush.
- Spit out after brushing, do not rinse.



Source: Skills for Health NHS England

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Flossing



- Use about 18 inches of dental floss.
- Wind most of the floss around each middle finger, leaving an inch or two to work with.
- Hold the floss tightly between your thumbs and forefingers and gently insert it between teeth.
- Curve the floss into a "C" shape against one tooth and slide it up and down.
- Repeat with each tooth.



Source: Oral-B North America

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Regular Dental Checks



- Visit your dentist every 6 months.
- Early detection of problems can prevent serious issues.
- Professional cleaning removes tartar and plaque.
- For information on finding dentists go to [website](#)
- For urgent care at dental access centres, call the Dental Helpline:
Tel: **0345 7581926** (Monday - Friday, 8.30am - 5pm)

For urgent dental concerns, contact the dental access centres below:			
West Swindon Health Centre, Link Avenue, White Hill Way, Swindon SN5 7BL 01793 889 428	Dental Access Centre, Chippenham Community Hospital, Rowden Hill, Chippenham SN15 2AJ 01249 456 633	Swindon NHS Health Centre, 1 Islington Street, Swindon SN1 2DQ 01793 607 850	Salisbury Central Health Clinic, Avon Approach, Salisbury SP1 3SL 01722 322 405

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Conclusion

- Oral health is important to our overall health.
- Oral health issues such as tooth decay, gum disease, bad breath are common but largely preventable.
- Poor oral health has been linked to several heart, pregnancy-related and diabetic complications
- Good oral hygiene can be maintained by proper toothbrushing, flossing, reduction of sugar intake and regular dental checks.

Thank you

www.swindon.gov.uk

