

# Oral Health



# Acknowledgements

This PowerPoint presentation was created by the Health Education team.

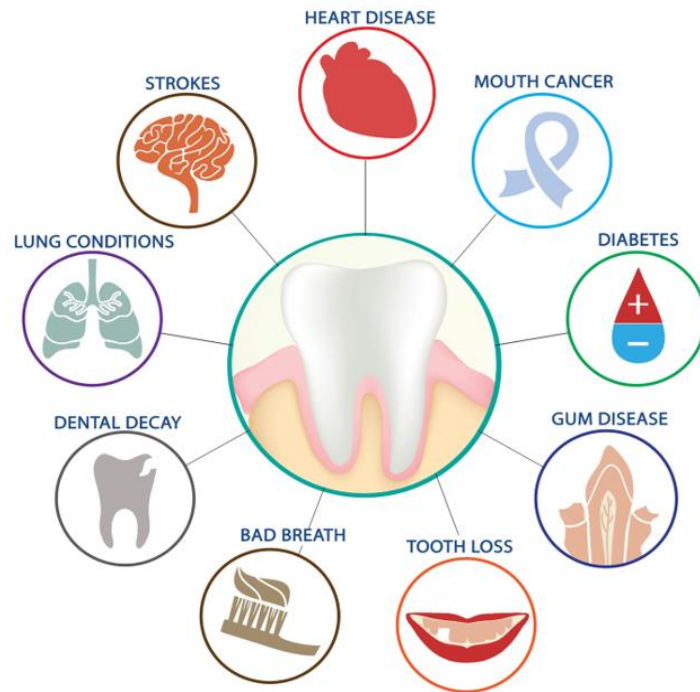
Special thanks to Lauri Kim, D.D.S, M.S.D for reviewing and editing this work.

# Overview of Presentation

Today we will discuss:

- I. Importance of oral health
- II. Maintaining a routine
- III. Visiting the dentist
- IV. Going to the dentist during COVID-19
- V. Precautions during COVID-19 at home
- VI. Oral Care and Self-Care
- VII. 2x2x2 Rule

# Importance of Oral Health



Source: <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20047475?reDate=14012021>

Image from: *What problems could poor dental health cause?* [Web Image]. (n.d.). <https://dentistinleessummit.com/blog/oral-health-problems-and-overall-health-how-connected-are-they-%EF%BB%BF/>

# What you eat affects your teeth...

Did you know our mouths have bacteria that feed off food that gets stuck on your teeth?

Over time, without proper oral hygiene, this can lead to cavities



## 3 tips to you can do to keep your smile healthy:

- Choose fruit, veggies, cheese, and nuts as snacks more often
- Drink water with meals and throughout the day
- Limit frequent sipping and snacking on sugary foods and beverages



# True/False

- You should brush your teeth once a day:
  - **False**
- You should brush your teeth for at least two minutes:
  - **True**
- The correct way to brush your teeth is from side to side:
  - **True**

# Maintaining a Routine



## I. Proper oral hygiene

### A. American Dental Association

### B. Brushing

1. Amount of toothpaste
2. Fluoride
3. Soft Bristle Toothbrush
4. Replacing your toothbrush

### C. Flossing

### D. Mouth wash

Source: <https://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth>

Source: <https://www.mouthhealthy.org/en/az-topics/f/flossing>

# True/False

- You should brush your teeth first then floss after:
- **False**
  
- It is recommended to go to the dentist every six months:
- **True**



# Visiting the Dentist

- I. Visit the dentist every 6 months
- II. Search for dental office who have a pediatric specialist



# Going to the dentist during COVID-19



- I. Contact your dentist to determine what safety precautions they are taking
  - A. Before your visit:
    1. Questionnaire
    2. Limit the amount of people
  - B. During your visit:
    1. Wear a mask
    2. Take temperature
    3. Maintain social distance

# Precautions during COVID-19 at home



- I. Each person should have their own toothbrush
- II. Toothbrush holder
  - A. Cover each toothbrush to avoid touching other toothbrushes with a ventilated cover
- III. Replacing toothbrushes
  - A. Every 3 months and after you have been sick

# Oral Health & Self-Care

- "Self-Care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health."
- In other words self-care is something you do for yourself because you want to for your health, well-being, and happiness.

**Think about:** What language do we use?

*"I want to..." vs. "I have to..."*

**Activity:** "I want to brush my teeth because..."



Source: <https://www.mhanational.org/taking-good-care-yourself>

Image from: Angela. (2018, August 23). *Self-Care Challenge* [Web image]. Schurig Center for Brain Injury Recovery. <https://schurigcenter.org/self-care-challenge/>

# Salud bucal y autocuidado

- “El autocuidado es cualquier actividad que hacemos deliberadamente para cuidar de nuestra salud mental, emocional y física”.
- En otras palabras, el autocuidado es algo que haces por ti mismo porque quieres por tu salud, bienestar y felicidad.

**Piensa en:** ¿Qué lenguaje usamos?

“Quiero...” contra “Tengo que...”

**Actividad:** “Quiero lavarme los dientes porque...”

Source: <https://www.mhanational.org/taking-good-care-yourself>

Image from: Angela. (2018, August 23). *Self-Care Challenge* [Web image]. Schurig Center for Brain Injury Recovery. <https://schurigcenter.org/self-care-challenge/>



# 2-2-2 Rule

- I. Brush your teeth **2** times a day, morning and night
  - II. Brush for **2** minutes each time you brush
  - III. Visit the dentist **2** times a year, every 6 months
- 
- I. Don't forget to floss your teeth **once** a day



# End of the Presentation



Image from: <https://commons.wikimedia.org/wiki/File:Thank-you-word-cloud.jpg>

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