

DENTAL HEALTH WEEK

AUGUST 3-9, 2020

AUSSIE KIDS ORAL HEALTH REPORT CARD

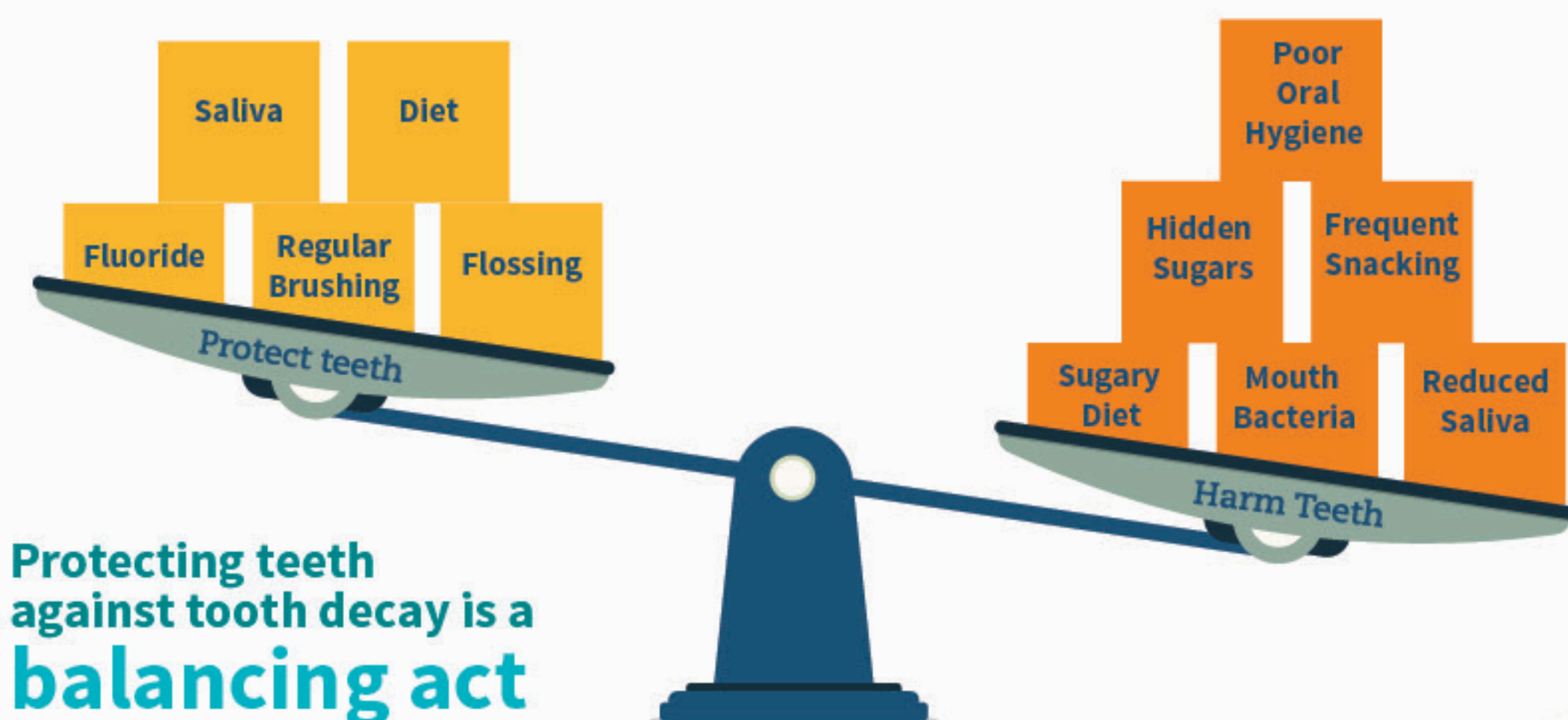
A recent report by The Australian Dental Association has shown risk factors facing the oral health of Australian children. Here is some valuable information about how you can best look after your teeth and mouth to prevent tooth decay & gum disease which may result in toothache, increased dental work such as fillings and can even lead to hospitalisation!



SUGAR AND ITS EFFECT ON TEETH

Sugar + bacteria = acid

Acid + teeth + time = tooth decay



Protecting teeth against tooth decay is a balancing act

GET SUGAR SAVVY

Wise up on the white stuff: sugar is the single biggest contributor to tooth decay – Aussie teenagers consume a whopping 20 teaspoons a day which is three times the recommended limit laid down by the World Health Organisation, typically from sugary beverages.

SUGAR MATHS

1 teaspoon = 4 grams

Recommended daily sugar limit = 6 teaspoons or 24 grams

When harmful factors outweigh those that protect the teeth, then tooth decay can form.

- Certain mouth bacteria that live on the surface of teeth consume the sugar we eat and turn it into acid.
- The acid sits on the surface of the teeth and pulls minerals out from the tooth's surface causing it to weaken.
- This process happens every time we eat or drink.
- If these acid attacks occur over and over again and there is not enough protection provided to the teeth, this can result in tooth decay.



No added sugar ≠ sugar free



One serve contains 20 grams (5 teaspoons) of sugar

Nutrition Information	
Serves per packing: 1	Serve size: 250ml
Energy	417.5kJ
Protein	1.5g
Fat, total	2g
- Saturated	0g
Carbohydrates	22.25g
- Sugars	20.5g

Beware: Products that claim 'no added sugar' can still contain a LOT of sugar.

Did you know if you drink fruit juice, the recommended serving size is 125ml of 100% fruit juice? Eating whole fruits and drinking water is a better choice for healthy teeth.

Types of sugar

Natural sugar

Natural sugar refers to the sugar that is naturally present in whole, unprocessed foods and drinks.

Examples:



Added sugar

Added sugar is sugar added to foods and drinks during processing, cooking or before eating or drinking.

Examples:



Hidden sugars in everyday foods can cause your sugar consumption to add up quickly...

Did you know that a glass of juice and bowl of cereal for breakfast can equal 6 or more teaspoons of sugar?

One of the main culprits in this worrying decline is our addiction to sugar, which is frequently added to or hidden in food and drink. These hidden sugars play a major role in this oral health crisis - here are a few facts about sugar:

- One in three kids by the age of five has tooth decay in their baby teeth and 40% kids by age 12-14 have tooth decay in their adult teeth.
- The average regular 600ml soft drink contains 16 teaspoons of sugar and sugary drinks are the largest source of added sugar in the Australian diet.



FASCINATING FACTS ABOUT YOUR MOUTH AND TEETH:

1. **It's a knockout:** If an adult tooth gets knocked out playing sport or in an accident, it's best to pop it straight back into its original position in your mouth before heading to a dentist promptly. If that's too tricky, it's best to put the tooth into some milk rather than either popping into some water or wrapping it in a tissue. Then head straight to the dentist.
2. **Biting back:** Just as no two fingerprints are the same, the print from your teeth is also unique to you. That's why dental records play a vital role in identifying deceased people and forensic identification. Bizarrely, your tongue print is also unique to you.
3. **Tough tongues:** Of all the muscles in the human body, the tongue is the strongest relative to its size. It's also the only muscle in the body that's attached at one end and the only one that works without any support from the skeleton.



4. **Bugged:** Did you know there are over 800 different types of bacteria found in our mouths? They work in tandem to cause tooth decay and gum disease unless you brush and floss regularly and limit your intake of added sugar.
5. **Tough stuff:** Tooth enamel is the hardest substance in the human body, even harder than bone. However while bone can fix itself when fractured, tooth enamel can't.
6. **Bumpy ride:** The little bumps you see covering the majority of your tongue's surface are not your taste buds. These are called filiform papillae and are responsible for the tongue's sensation of touch.



7. **Floss-off:** Why are those little white threads so important to the health of your mouth? It's because brushing alone can't remove all the plaque and food particles from your teeth no matter how good you do it. You need to clean between your teeth as well, using floss or interdental brushes.
8. **Taste test:** Saliva is key to our ability to taste. Saliva moistens the food before your tongue's receptors can recognise the taste.
9. **Fur off:** Did you know that your tongue contains just as many bacteria as your teeth? So it's also important to brush the surface of your tongue when doing your teeth.

