



# The Mouth is the Gateway to the Body!

We at DeCare Dental  
understand the importance  
of your oral health.

Dental Insurance from the Dental Experts





## Children's Oral Health

To learn new things, your child needs to feel healthy and strong.

Cavities or tooth decay in children can be painful and uncomfortable, which can stop them from doing their best when learning at home or at school.

Preventing tooth decay will help your child's progress and promote good overall health.



## Diet

Good dental health like good general health relies on having healthy eating habits. Our teeth can be affected as much by our diet, as by not brushing our teeth regularly. Modern diets can be high in sugar, fats and salt, impacting on both general and oral health.

**ADDED SUGAR = empty calories**

**SUGAR = no vitamins, no minerals, no protein, no fibre**

**TOO MUCH SUGAR TOO OFTEN = tooth decay, diabetes type 2, heart disease**





## Dry Mouth (Xerostomia)

Dry mouth can;

- Cause difficulties in tasting, chewing, swallowing, and speaking.
- Increase your chance of developing dental decay and other infections in the mouth.



## Diabetes

How does diabetes affect my mouth?

- Gum disease
- Dry mouth
- Oral thrush
- Soreness, ulcer & infection
- Tooth decay



## Denture Health

If you have a denture, visit your dentist once a year for a full mouth examination. This includes not just teeth but also the soft parts of the mouth, including the tongue, lips, cheek, and palate also the face and neck. A mouth, head and neck cancer screening is part of your annual full mouth examination.

## Mouth Head, Neck Cancer



Did you know there are over 700 cases of Mouth Head and Neck Cancer detected in Ireland every year?

*(National Cancer Registry of Ireland )*

**Signs & Symptoms are:**

- A sore or an ulcer in the mouth that doesn't heal
- Persistent white or red patches anywhere in the mouth
- Thickening or hardening anywhere or lumps
- Persistent pain and difficulty chewing and swallowing
- Numbness in tongue and face
- Unexplained loose teeth
- Persistent nose bleeds and blocked nose

## Healthy Habits for a Lasting Smile :)

- ✓ Brush twice daily for two minutes with a fluoride toothpaste.
- ✓ Use a soft brush with a small head.
- ✓ After brushing, spit out don't rinse out.
- ✓ Eat a healthy diet with plenty of fruit and vegetables, avoid sugary snacks.
- ✓ Visit your dentist at least once a year.
- ✓ Wear a mouthguard while playing sports.



### Look after that Smile

For more helpful tips and advice on looking after your oral/dental health and your general health **Sign Up** to receive our E-Zine!  
[www.decaredental.ie/signup](http://www.decaredental.ie/signup)



Get more info

**1890 130 017**  
**094 93 78608**

[www.decaredental.ie](http://www.decaredental.ie)

☑ Mon - Thurs 8.30am to 5pm  
Fri 8.30am to 4pm