

Skeltons Chemists

2 Congreve Walk, Bedworth, Warwickshire, CV12 8LY

Tel & Fax: 0247 631 3259

Email: skeltonschemists@btconnect.com

Opening Times

Monday to Friday - 8.30am - 5.30pm

Saturday - 8.30am - 3pm

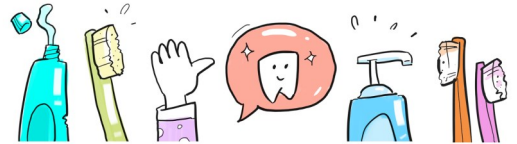
Sundays & Bank Holidays - Closed

Your FREE Healthy Living Leaflet for May 2023

1. How often should you clean your teeth?
2. When should you brush your teeth?
3. What is the best type of toothbrush to use?
4. How long after brushing my teeth should I use a mouthwash?
5. Why is it important to maintain your dental health?
6. What type of toothpaste should I use?
7. Should I floss my teeth?
8. How soon should I start brushing my babies' teeth?
9. Why are sugary lollipops especially bad for children?
10. How else can I keep my teeth in good shape?



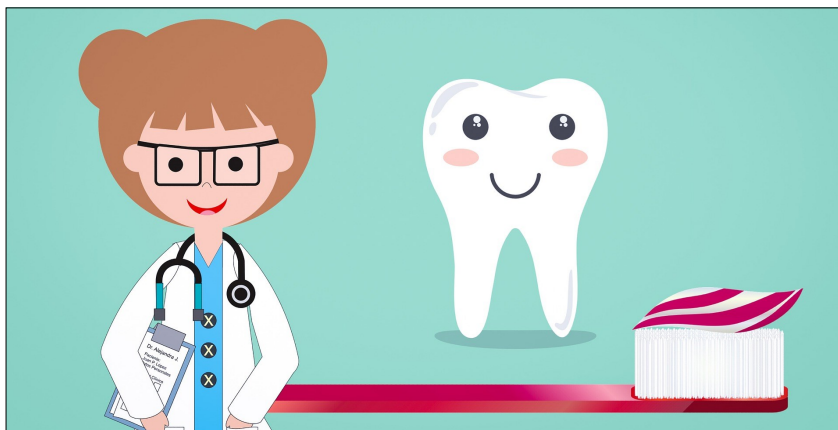
Dental
Care



Answers on the bottom of page two

[Tooth loss in older adults linked to a higher risk of dementia - another reason to look after your teeth.](#)

Researchers from New York University conducted a detailed search of 6 major data bases and identified 14 relevant studies. They found that participants with more missing teeth had on average a 48% higher risk of cognitive impairment and 28% higher risk of dementia. Participants who had lost all their teeth had a 54% higher risk of cognitive impairment and 40% higher risk of dementia.



Interestingly those who had missing teeth but used dentures did not have a significantly higher risk of dementia than participants without missing teeth.

[Taking care of your teeth](#)

Maintaining a healthy lifestyle which includes eating a balanced diet with plenty of fruit and vegetables (fresh, tinned or frozen), 150 minutes of exercise a week, no smoking, no more than 14 units of alcohol per week and having a good dental cleaning regime will help to keep your teeth healthy. You should brush your teeth with fluoride toothpaste for about 2 minutes twice a day. This removes

plaque which is a film of bacteria that coats your teeth and contributes to gum disease and tooth decay.

You should brush them last thing before you go to bed and on one other occasion during the day. Another tip that you might take on board, is if you stand on one leg while you are cleaning your teeth you will greatly improve your sense of balance and reduce the chances of you falling over.

It doesn't matter whether you use an electrical or manual toothbrush as long as the toothbrush has a small head with a compact, angled arrangement of long and short round ended bristles, making sure you clean every surface of all your teeth.

It is important to use a toothpaste with the right concentration of fluoride. Check the packaging to find out how much fluoride each brand contains. Adults should use a toothpaste that contains at least 1350 parts per million (PPM) fluoride. Do not rinse your mouth out after brushing as you will wash away the residual fluoride from the toothpaste.

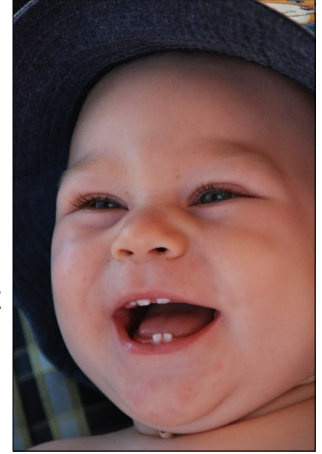
Flossing your teeth is also important as it dislodges food wedged between your teeth, reduces gum disease and bad breath. It is best to floss before brushing your teeth. Take 30 to 40cm of dental floss or tape and grasp it so you have 3-4cm of floss between your hands. Slip the floss/tape between your teeth and up to your gums as far as it will go. Floss with 8-10 strokes, up and down between each tooth, to dislodge food and plaque.



Using a mouthwash that contains fluoride can also help prevent tooth decay. But don't use it straight after brushing your teeth or it will wash away the fluoride that is left on your teeth from the toothpaste. Rinsing with a mouthwash after lunch is probably the best time.

[Taking care of your children's teeth](#)

You should start brushing your baby's teeth as soon as they come through. Use a tiny smear of toothpaste for babies and toddlers up to 3 years old and a pea-sized amount for children 3-6. The easiest way to brush a baby's teeth is to sit them on your knee with their head resting against your chest.



With an older child, stand behind them and tilt their head backwards. Brush the teeth in small circles, covering all the surfaces, and encourage your child to spit the toothpaste out afterwards, There's no need to rinse with water as this will wash away the fluoride.

It is really important that you don't give your child sweetened foods and drinks. It's not just about the amount of sugar but how long the teeth are in contact with sugar. Lollipops and sweet drinks in a formula bottle are particularly damaging because they bathe the teeth in sugar for long periods of time. The acid in drinks like fruit juice and squash can harm teeth as well.

[For more information about dental care or any other health related problem, talk to one of our trained team](#)

Answers: Q1, Twice a day. Q2, Last thing before you go to bed and one other occasion during the day. Q3, One with a small head compact arrangement of long and short round ended bristles. Q4, At least a couple of hours. Q5, There is a suggestion that missing teeth increases your risk of cognitive impairment and dementia. Q6, Adults should use a toothpaste that contains at least 1350 parts per million (PPM) fluoride. Q7, Yes. It is one of the most important parts of your oral hygiene routine. Q8, As soon as they come through. Q9, Because they stay in contact with the child's teeth for a long time. Q10, Have a healthy lifestyle.