

Take care of your teeth and gums, but how?

Stay well

- Have regular check-ups to keep your teeth and gums healthy
- Don't wait for a problem to occur, contact your dentist as soon as possible
- If you have dentures, then you will still need a check-up

Quit smoking

- If you've thought of quitting smoking (or even just cutting down) talk to your doctor, case manager or phone Quitline 13 78 48 (13 QUIT)

Look after your teeth

- Brush your teeth twice a day
- Aim to floss once a week
- See your dentist once a year



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Dental exam Information Booklet

Dental Exam

People with a serious mental illness are severely compromised and are at risk of tooth loss. This heavy tooth loss can be due to poor diet, smoking, having a dry mouth and the lack of good oral hygiene. Poor dental health can effect your health which can impact on your quality of life, and may result in having to cut out some foods altogether. However, it must be remembered that people with mental illness are entitled to the same dental treatment as those in the general population of our community.

There is no
'Physical' health
There is no
'Mental' health
There is only
Health

Eat well

- Choose healthy foods that protect your teeth
- Avoid snacking on sticky and sugary foods between meals
- Eat healthy snacks in-between meals, (like cheese, vegetable sticks, fresh fruit, yoghurt, wholegrain sandwiches and soups)



Drink well

- Drink tap water - it's the best drink, especially before and after physical activity. Avoid diet and soft drinks as they can dissolve and weaken tooth structure
- Medication can cause dry mouth problems. Help avoid this condition by drinking water! Ask you doctor for any possible sugar free medication

Clean well

- Brushing and flossing are the best ways to keep your teeth and gums healthy. Brush twice a day with fluoridated tooth paste
- If you have dentures, clean them carefully everyday, and do not wear dentures to bed. Place them in a glass of water overnight
- Use a toothbrush with soft bristles, and a small head, to clean dentures. You can also use warm water and soap, together with a soft nail brush to clean dentures. Do not use any toothpaste when cleaning dentures

