



with Dr. Nuala Devlin
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Smiles Better!

Toothbrushing tips!!

A few weeks back I had some lovely kids in for their check-ups and they told me they were avid readers of my article! So this month I'm going to give all the kids some toothbrushing tips and help deciding between healthy snacks for teeth and high sugar snacks which are not so good for your teeth.

So why do we brush our teeth, and why do we use toothpaste?

We use our teeth to eat our food, after we eat there is some food left on our teeth. The bacteria in our mouth turn this food into plaque. Plaque is very sticky and covers our teeth, if left too long it can go hard and can cause holes (decay) to form on the teeth. So to get rid of the plaque we need to brush our teeth twice a day. It's best to brush before breakfast and last thing before you go to bed.

When brushing you don't want to scrub up and down, you need to brush round and round, up to the gum and back down. Make sure you brush every tooth....and all sides of each tooth. I always do a tongue check:- Run your tongue around your teeth, they should feel nice and squeaky clean, if you feel some rough and furry bits on your teeth then you've missed a bit so go and clean those bits again.

We use toothpaste because it contains a special ingredient called FLUORIDE. Fluoride helps protect your teeth against the plaque and bacteria in the mouth that may cause holes in your teeth. Toothpaste also has a nice taste usually mint so it leaves your mouth feeling fresh and clean. After brushing spit out, but DON'T rinse with water. Why? because, if you rinse you will wash away all the fluoride that's in the toothpaste.

So what about sugary snacks and drinks?

The only drinks that are good for your teeth are water



or milk. Lots of drinks say, 'no added sugar' or 'contains natural sugars'. This doesn't mean they are healthy and good for your teeth, they still contain sugar.

When we eat sugar, the bacteria in our mouth breaks it down really quickly to form a very sticky plaque and as we know plaque can cause holes, so if you eat and drink lots of sugar through out the day, lots of plaque will be made, which will stick to you teeth all day.....so you'll have a greater chance of this plaque causing holes!

So the next time your out shopping with your mum or dad have a look at the label on the side of your favorite breakfast cereal e.g Frosties which tells you how much sugar is in them, and then compare it to something like Porridge or Weetabix. Look at natural organic yogurt and then look at a Petit Filous. Do you see any difference?

Did you know a 500ml bottle of Coca Cola contains 14 teaspoons of sugar, count out that amount of sugar in a glass, its a lot of sugar!

If you are to have something sweet the best time to have a sweet TREAT is straight after your dinner or lunch!

Kids at the Dentist!

At Causeway Dental we are planning a kids day! This means a really special day where lots of our younger patients come along to enjoy crafts and games in the waiting room and learn how to keep their smiles healthy.

There will be information for mum and dads on foods and drinks, toothpastes and toothbrushing. This is a great way for you to come and have fun at the dentist. Ask your dentist about a fun day, or maybe your lucky enough to have a fun day at your dental practice?

I hope you've enjoyed this article, here are some helpful websites for you to have a look at: www.aquafresh.co.uk :www.colgate.co.uk/app/ColgateSmiles/UK/HomePage.cvsp, www.nhs.uk/Livewell/Goodfood/Pages/sugars.aspx
Nuala