## WHAT IS GOOD ORAL HEALTH

### 1. GOOD TEETH
Give you:
- Good health
- Good looks
- Good speech
- Easy eating
- Good breath

### 2. HEALTHY MOUTH
- Teeth are white and smooth.
- Gums are pink, and don’t hurt.
- Black or yellow spots = weak teeth.
- No medicine can make teeth grow back

### PREVENTING ORAL HEALTH ISSUES

### 3. EAT HEALTHY FOOD
- Food you grow or food from a market is best.
- Vegetables, peas, beans, oil, fruits, fish, meat, eggs, clean water, coconut water, milk

### 4. AVOID
- SWEETS
- Food with sugar
- Chewing sticks
- Betel nut
- Smoking
- Bottles for baby

### 5. FIND CLEANING TOOL
- Make brush with soft end
- Buy toothbrush
- Use cloth on baby’s gum

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### Oral Health

**Community Education Course**

<table>
<thead>
<tr>
<th>Step</th>
<th>Instructions</th>
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</table>
| 6. **CLEAN TEETH EVERY DAY** | - Clean each tooth slow and careful  
- Scrub inside  
- Scrub outside  
- Scrub on top  
- Feel teeth with tongue to make sure they are smooth and clean |
| 7. **CLEAN IN-BETWEEN** | - Be careful and gentle  
- Gums are fragile |
| 8. **USE FLOSS or STRING** | - Go up and down  
- Do not go side-to-side |
| 9. **CLEAN TONGUE** | - 90% of germs in mouth are on tongue |
| 10. **USE FLUORIDE & PASTE** | - Fluoride is good for teeth.  
- It comes from toothpaste, tea leaves, and food from the sea |
| 11. **CARING FOR BABIES** | - Help Children clean teeth until they are old enough to have children  
- Wipe baby’s teeth with cloth after every meal  
- Avoid juice  
- Avoid Bottles  
- Avoid sucking |
| 12. CARING FOR SORES | • Sores in mouth can heal with aloe or rinsing with warm salt water (spit out water, do not swallow)  
• Sores outside of mouth are very contagious – don’t touch, wash hands. Coat with yogurt, use petroleum jelly and ice. |

| 13. SEE A HEALTH WORKER | • Community health workers can pull a tooth, help you when pain persists, and assist with an abscess or swelling in the face. |
POSTER:

GOOD TEETH

HEALTHY MOUTH

WEAK MOUTH

EAT HEALTHY FOOD

AVOID SUGAR & CHEWING STICKS

CLEANING TOOLS

CLEAN TEETH EVERY DAY

CLEAN IN-BETWEEN

USE FLOSS OR STRING

CLEAN TONGUE

HELP CHILDREN

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**PRESENTER POINTS:**

| PRESENTATION IDEAS | • Use poster and follow presentation  
|                    | • Use large mouth and giant toothbrush to show brushing and flossing techniques. Use string to floss. |

| GROUP PROJECT IDEAS | • Use disclosing tablets with mirror to show them plaque build up on teeth  
|                    | • Have them sample food and show them in mirror how some food sticks  
|                    | • Let them brush teeth in mirror and help them  
|                    | • Help them brush children’s teeth |

| GIVE - AWAY IDEAS | FOR PATIENTS:  
|                  | • IMR will provide leaflet flyer with these same details  
|                  | • Tooth brushes  
|                  | • Tooth picks in baggies  
|                  | • Floss  
|                  | • Disclosing tablets  

|                  | FOR COMMUNITY:  
|                  | • Poster  
|                  | • Teaching tools used in class |
Dental issues are a major problem in the developing world.

There are very few dentists as it is not a common trade.

Please download the free book “Where There Is No Dentist” for details about oral health issues at this link:
http://www.google.com/search?client=safari&rls=en&q=where+there+is+no+dentist+hesperian&ie=UTF-8&oe=UTF-8