



London Borough
of Hounslow



Whittington Health
NHS Trust

Tooth Champion Training



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Oral Health Promoter – Hounslow



Aims

- To understand the severity of dental issues and the impact they have on individuals, families, health services and society
- What we can do, as Tooth Champions, to identify, educate and prevent tooth decay
- Increase oral health awareness in the Borough of Hounslow
- Increase the number of children registered with a dentist



Tooth decay

- Most common disease affecting children in England
- Main reason for hospital admissions in children under the age of 19
- Almost a third of 5-year-olds have tooth decay
- On average 4 teeth are decayed or missing due to extractions (often under general anaesthetic)
- Children residing in deprived areas are at higher risk of dental decay



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Impact of tooth decay





National Headlines

- In 2017/18, there were 12,783 tooth extractions in 0-5 years due to tooth decay
- A rotten tooth of a child aged 0-18 years is removed every 10 minutes

Decayed teeth removed from 128,000 children in England since 2011

Report finds...

A nation of rotten teeth: Extractions in young children soar by 10% in four years - with sugar-laden diets to blame

... 33,800 under-10s had at least one tooth extracted in England last year
... these, an astonishing 14,400 were under the age of 5, NHS figures show
... not enough dental checks are the reason, experts say

Tooth decay: Parents 'put fizzy drinks' in baby bottles

By Rachel Flint
BBC News

© 19 September 2019



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Financial burden on the NHS

The average cost of a
tooth extraction
in hospital for a child aged
5 and under is

£836



£50.5m

was spent on tooth
extractions among
those under the age of
19 in 2015 to 2016



£7.8m

was spent on
tooth extractions
among the
under 5s



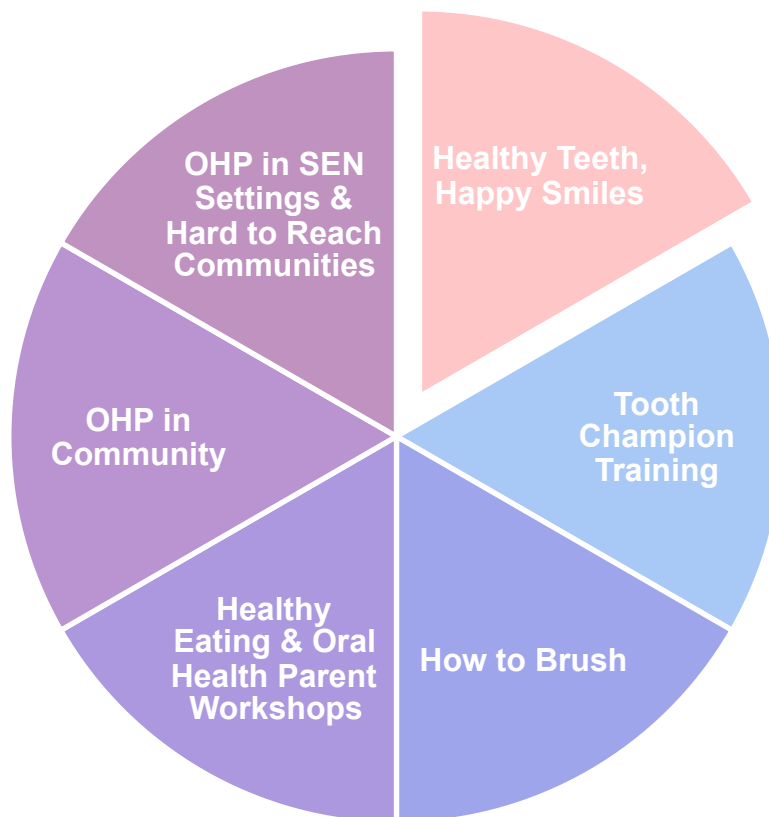


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What are we doing in Hounslow?



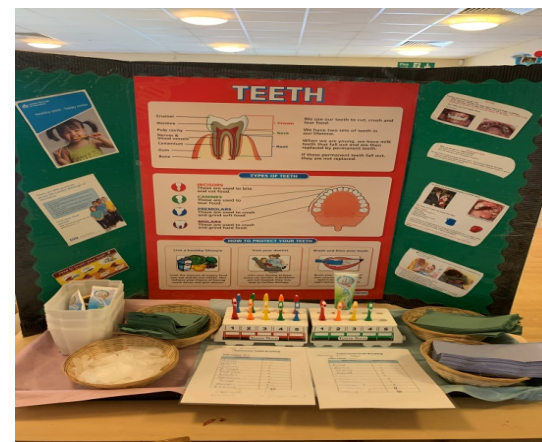


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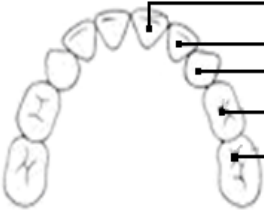
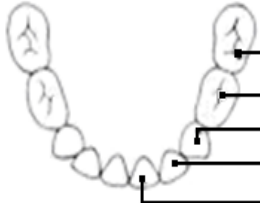
OHP in the community





Development of baby teeth

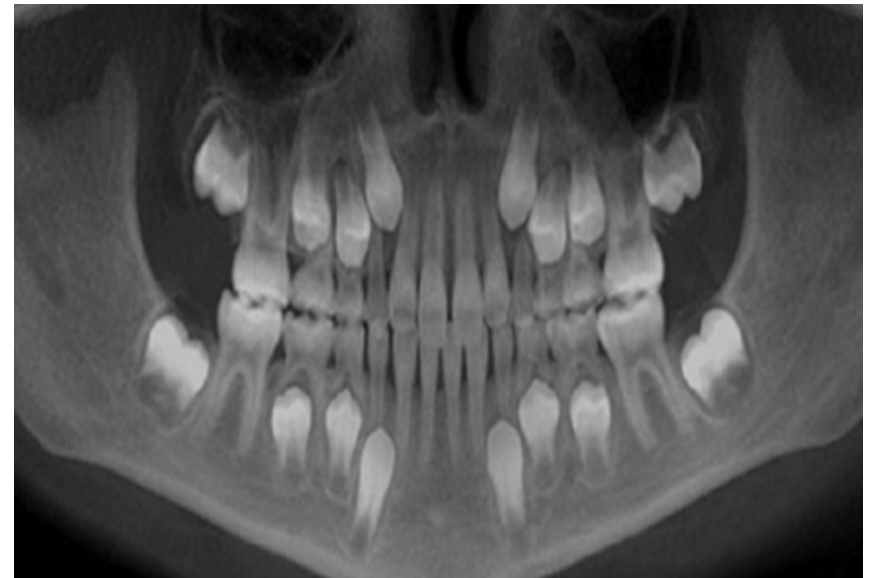
- Development of teeth starts before the baby is born
- Every child is an individual and their teeth will develop at different rates
- Usually around 6 months baby (primary) teeth start to erupt
- Full set of 20 baby teeth are usually through by the age 3

UPPER TEETH		ERUPT	SHED
	Central Incisor	6-12 months	6-7 years
	Lateral Incisor	9-13 months	7-8 years
	Canine (Cuspid)	16-22 months	10-12 years
	First Molar	13-19 months	9-11 years
	Second Molar	25-33 months	10-12 years
LOWER TEETH		ERUPT	SHED
	Second Molar	23-31 Months	10-12 years
	First Molar	14-18 Months	9-11 years
	Canine (Cuspid)	17-23 Months	9-12 years
	Lateral Incisor	10-16 Months	7-8 years
	Central Incisor	6-10 Months	6-7 years



Importance of baby teeth

- Help child to be weaned
- Guide the developing permanent teeth into position (teeth alignment)
- Help with speech development
- Facial tissues and jaw formation





Baby bottle tooth decay

- A term used to describe dental decay in incisors (front teeth)
- Associated with long term bottle use of sugar-sweetened drinks, overnight or for long periods during the day



Healthy Teeth



Mild Decay



Moderate Decay



Severe Decay



Incisors decay in 5-year-olds





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Baby to cup swap



- ["Bottle to cup" video by Sally McGregor](#)

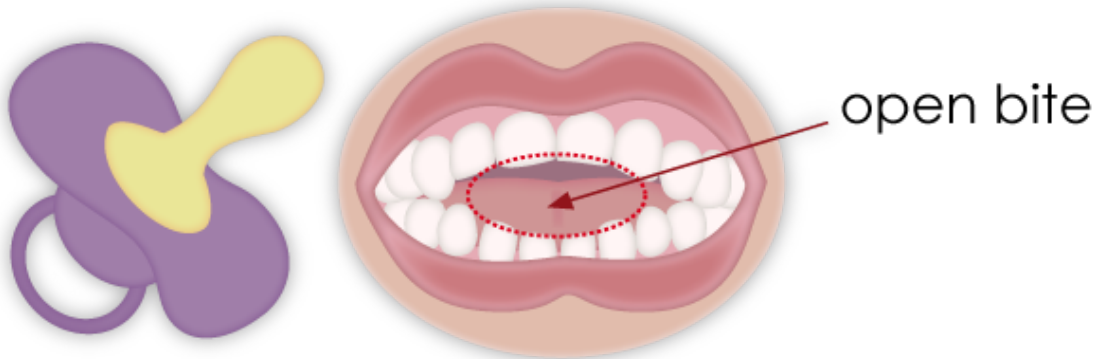


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Open bite





Brushing children's teeth

- Start cleaning babies teeth as soon as they erupt
- Brush for 2 minutes, twice daily
- Use a fluoride toothpaste
- Encourage spitting out of the toothpaste. Do not rinse!
- Supervise children until 7 years old



- <https://www.youtube.com/watch?v=kyJo7vUpbT8>



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Choosing a toothbrush

- Small headed toothbrushes with soft bristles and a comfortable handle is best for children



Changing your toothbrush

- As good practice change your toothbrush every three months or once the bristles become frayed
- Make sure you change your toothbrush after you've had: a cold, the flu, a mouth infection or a sore throat

**INCREASED IMPORTANCE
DUE TO COVID-19!**





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Toothpaste

Under 3 years old

Use a smear of toothpaste containing no less than 1000ppm fluoride



Over 3 years old

Use a pea size of toothpaste containing no less than 1350ppm fluoride





Fluoride

- Fluoride is a naturally occurring mineral found in water
- It varies depending on region
- London water is not fluoridated
- Fluoride has been proven to strengthen the enamel and protect against tooth decay
- Ask your dentist about fluoride varnish



Why do we brush?

- Brushing teeth helps remove a sticky film of plaque
- Plaque is formed after eating and drinking
- Plaque contains bacteria that turns sugar and carbohydrates into acid
- Acid attacks teeth causing tooth decay
- Leading to cavities, gum disease and loss of teeth

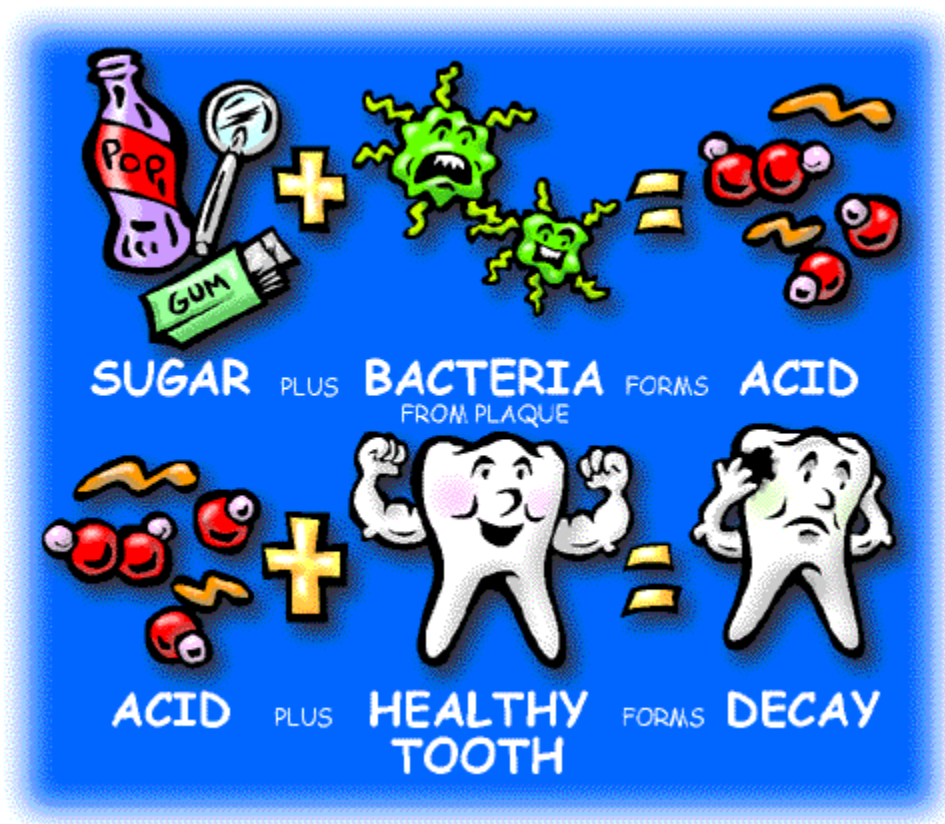


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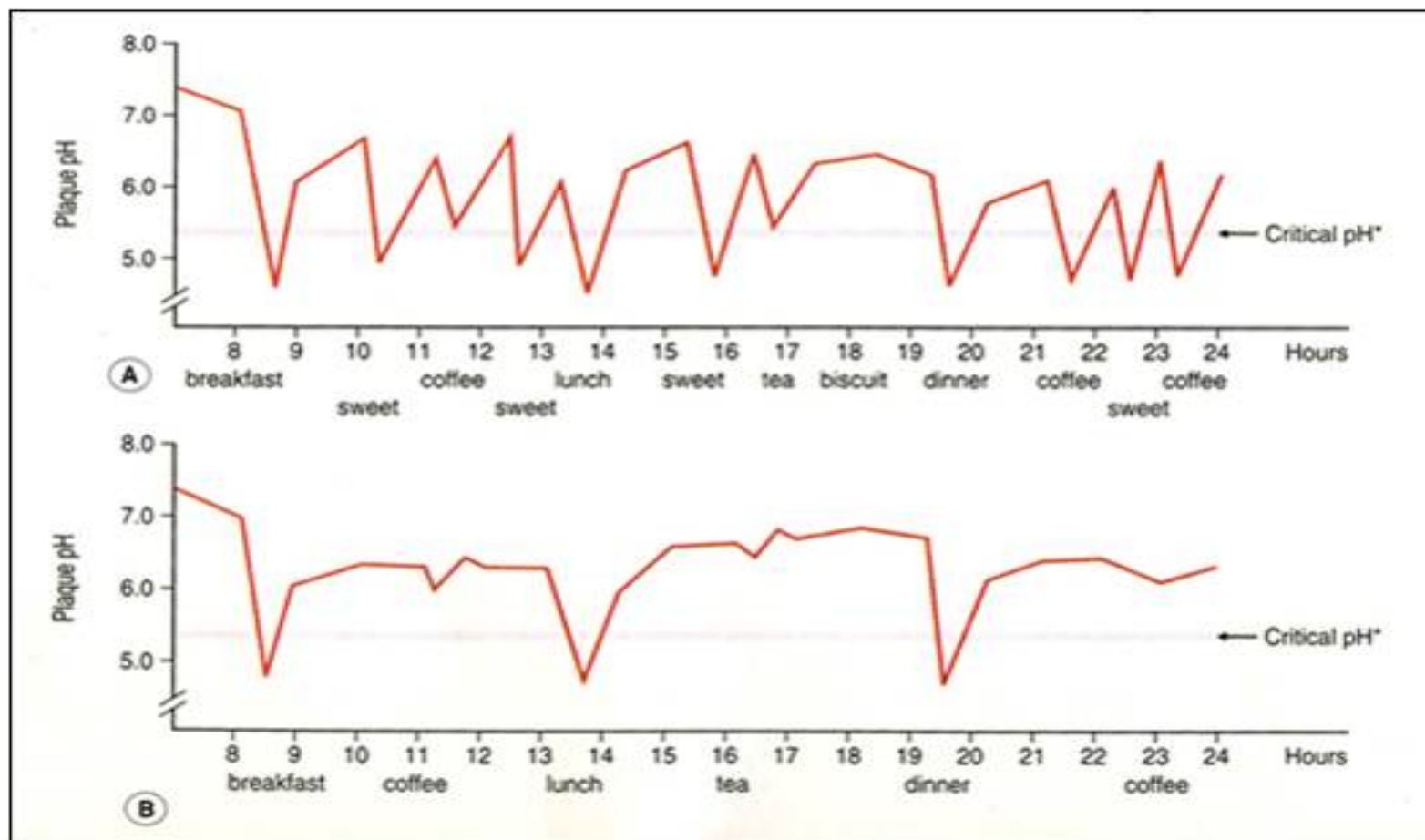
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The process of tooth decay





Snacking effect on mouth pH levels





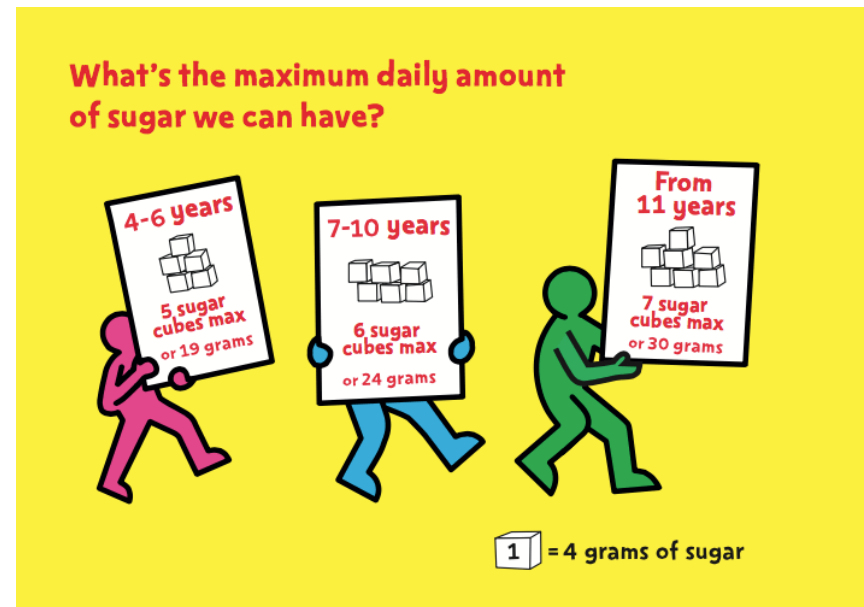
Sugar awareness

- Exposure of teeth to sugars, through eating and drinking sugary foods and drinks, is the main cause of dental decay
- Too much sugar in the diet is also associated with other health issues like: obesity and type 2 diabetes



Daily sugar intake

- One teaspoon/cube of sugar is equal to 4 grams
- Be Food Smart app
- Some manufacturers use the traffic light system on their labels to show whether they are high or low in sugar





Sugars

- Sucrose
- Fructose
- Glucose
- Dextrose
- Galactose
- Lactose
- Maltose
- Invert sugar
- Raw sugar
- Concentrated fruit juice
- Brown sugar
- Corn or maize syrup





Sugar-free medicines

- Check the labels of any medicines you give to children to see whether they are sugar-free
- Always check if a sugar-free alternative medication is available
- This is especially important if the child is taking long-term medication
- Sugar-free medication examples;

Calpol Paediatric suspension

Nurofen for children

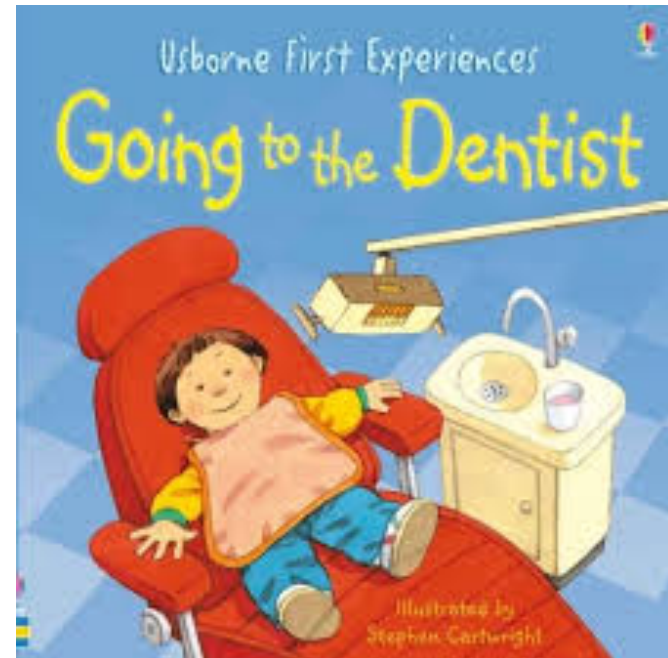
Actified multi-action chesty/dry coughs

Benylin children's chesty/tickly/night coughs



Visiting the dentist

- Children should visit the dentist from the appearance of their first tooth or their first birthday
- Regular visits help children get familiar with the environment
- Be positive about it and make it fun!





How to find an NHS dentist?

Visit [NHS Choices](#) or [call 111](#).

NHS dental treatment is free, if:

- You're under 18 years old
- You're under 19 years old and in full time education
- You're pregnant
- You've had a baby within the last 12 months before treatment starts

The screenshot shows the NHS Choices website. At the top, there is a navigation bar with links: Home, About, Contact, Tools, Video, e-Referral Service, and Communities. On the right, there are links for Translate, Log in, and create an account. Below the navigation bar is the NHS Choices logo with the tagline 'Your health, your choices'. A search bar is located to the right of the logo. Below the search bar are four buttons: Health A-Z, Live Well, Care and support, and Health news. To the right of these buttons is a link for Services near you. Below the buttons is a section titled 'Find Dentists services'. It includes a link for 'Start new search' and a text input field for 'Location' with a placeholder 'e.g. postcode or town'. To the right of the input field is a red button with a magnifying glass icon and the word 'Search'.



What can you do?

Parents and carer's:

- Encourage families to register with a dentist
- Highlight the importance of baby teeth, sugars and healthy eating through parent sessions
- Promote educational materials through notice boards, leaflets and emails

Children:

- Sing songs, watch videos and play games
- Read story books and role play dental visits
- Demonstrate tooth brushing
- Reward and HAVE FUN!



Key messages

- Brush twice a day for two minutes
- Use a fluoride toothpaste
- Reduce sugar intake
- Visit the dentist regularly

Our social media platforms

Follow and share your smiles on:



[@Healthyteethhappysmiles](https://www.instagram.com/Healthyteethhappysmiles)



[Healthy Teeth Happy Smiles](https://www.facebook.com/HealthyTeethHappySmiles)



[@oralhounslow](https://twitter.com/oralhounslow)

Hounslow's Healthy Teeth, Happy Smiles!

National Smile Month Competition



COVID-19 is infectious, but so is smiling...
We're looking for the most creative and vibrant smiles in the London Borough of Hounslow!

Share your smile with us for National Smile Month for a chance to win one of three "Healthy Teeth Hampers" worth up to £100.
It can be: yourself, your child, your pet, drawings or fruits.
The choice is yours. Use your imagination. Standout!

National Smile Month, a charity campaign by the Oral Health Foundation: www.smilemonth.org



National
Smile
Month
18th May -
18th June 2020

WIN!

Prize includes:
Two Oral B electric toothbrushes, a fruit and veg box and more.

To enter the competition:

1. Share your smile on Instagram or Facebook
2. Follow our accounts below and tag us in your picture
3. Tag three of your friends to spread the SMILES

Competition will end on 18.06.20. The three most creative smiles will be announced on 24.06.20.



Follow, share and tag your pictures on:

 [@Healthyteethhappysmiles](https://www.instagram.com/Healthyteethhappysmiles)
 [Healthy Teeth Happy Smiles](https://www.facebook.com/HealthyTeethHappySmiles)



Videos & apps

- Hounslow's OHP Video

<https://vimeo.com/dfptv/review/380467664/ee9ebe9c69>

- NHS- How do I brush my child's teeth? (6 months to 7 years)

<https://www.youtube.com/watch?v=kyJo7vUpbT8>

- Brush DJ app

<http://www.brushdj.com/#nogo>



The Singing Dentist
(Dr Milad Shadrooh)

<https://www.youtube.com/watch?v=AD7i8yWT9u4>



Useful links

Delivering better oral health: an evidence-based toolkit for prevention

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/605266/](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/605266/Delivering_better_oral_health.pdf)

[Delivering_better_oral_health.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/605266/Delivering_better_oral_health.pdf)

British Dental Health Foundation (BDHF)

A charity dedicated to raising public awareness of dental and oral health and promoting good dental health practices

www.dentalhealth.org.uk

British Dental Association

Provides facts about dental services, from looking after your teeth to how to find a dentist

www.bda.org

The British Society of Paediatric Dentistry

The British Society of Paediatric Dentistry (BSPD) is the national society dedicated to improving the oral health of children from birth to 16

<http://bspd.co.uk/>

Change for life

Healthy food and activity tips for you and your child

www.nhs.uk/change4life/

The British Nutrition Foundation

Provides free leaflets on preparing healthy breakfasts and snacks

www.nutrition.org.uk

British Dietetics Association

Provides lifestyle and food choices

www.bda.uk.com

Public Health England

Delivering better oral health: an evidence-based toolkit for prevention

<https://www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention>