

CLEAN YOUR
TEETH
2 TIMES A DAY



Healthy
Mouth and
Teeth



What causes tooth decay?

Bacteria and food can cause tooth decay. A clear, sticky substance called plaque is always forming on your teeth and gums.

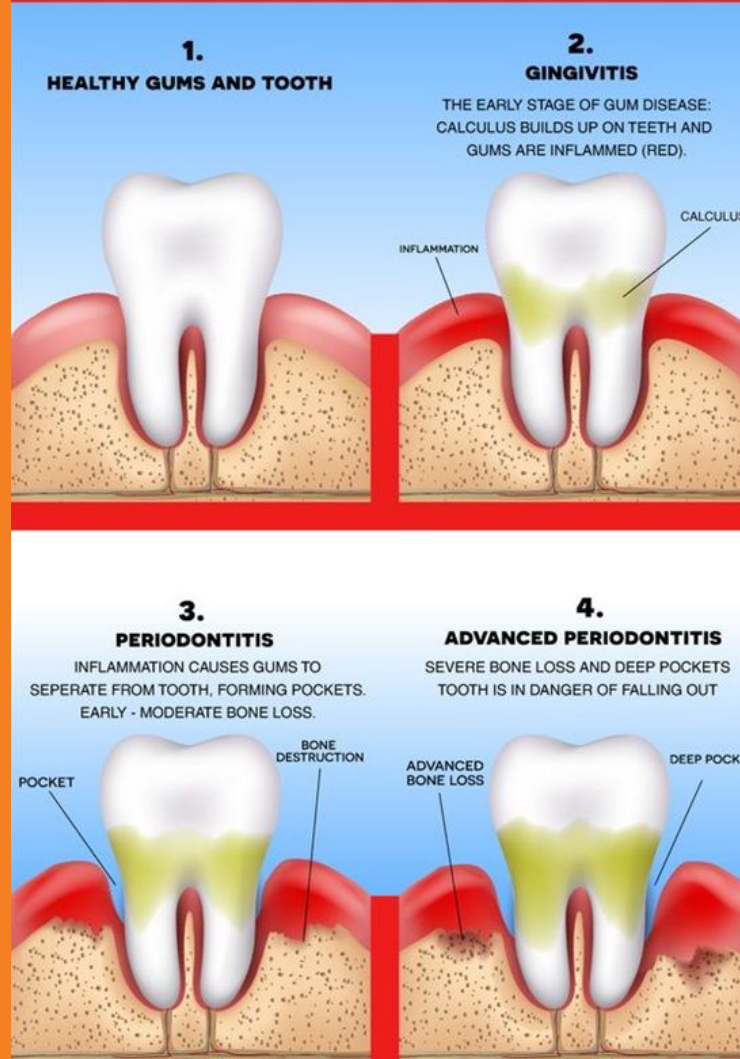


Plaque contains bacteria that feed on the sugars in the food you eat. As the bacteria feed, they make acids. The acids attack the teeth for 20 minutes or more after you eat. Over time, these acids destroy tooth enamel, causing tooth decay.

Things that make you more likely to have tooth decay include:

1. Not brushing and flossing your teeth regularly and not seeing a dentist for check-ups and cleanings.
2. Eating foods that are high in sugar and other carbohydrates, which feed the bacteria in your mouth.

THE STAGES OF GUM DISEASE



BETEL NUT (BUAI)

Long term use of Betel Nut can cause mouth ulcers, gum disease, mouth cancer and throat cancer. The PNG Medical Society claims that chewing betel nut kills over 2000 people in PNG each year. The best way to protect your mouth and teeth (and your life) is to NOT chew Betel Nut.

Treatment Options

Treatment of tooth and gum disease depends on how soon it is diagnosed. That is why it is recommended that you see a dentist twice a year for your dental check-ups.

If the disease is caught in the early stages of gingivitis, and not much damage has been done, it can be treated.

The dentist is likley to recommend twice daily regular cleanings to remove the plaque and restore gum health and regular ongoing dental appointments to make sure your teeth and gums stay healthy. You may also be given instructions on how to improve your daily oral hygiene habits (how to brush and floss effectively).

If the disease has progressed to a more advanced stage, the dentist will proceed with a special cleaning process called 'Scaling and Root Planing' or deep cleaning. Deep cleaning is usually done on one section of the mouth at a time while the area is numb.

During the deep cleaning the Dentist will remove tartar, plaque, and toxins from above and below the gum line (scaling) and smooth out rough spots on root surfaces (planing) to stop food and bacteria being trapped there.

The Dentist may prescribe medications and special medicated mouth rinses, to help control infection and increase healing.