Smileguide
Oral health tips, information and offers.

Links between your oral health and overall wellbeing

Snack attack!
Healthy foods for your teeth

How to deal with a dental emergency

Denplan
At the heart of dental care
Maintain your oral health with our unique online tools

Myteeth, dental advice at your fingertips. In between visiting your dentist, have a look at our dedicated oral health website, where you can find oral health tips, advice, latest news and offers. The site also has a section for your children’s oral health with activities and tooth-friendly tips.

Find out more at www.denplan.co.uk/my-teeth

How healthy is your mouth? Most people want great oral health, but would you know how vulnerable you are to oral diseases? My Dental Score is a free assessment tool for people to find out the state of their oral health. After a short survey, a report is generated with your oral health score highlighting any risks. This personalised result can be printed and taken to discuss at your next dental examination.

Find out your oral health score at www.denplan.co.uk/mydentalscore

Features

Here at Denplan, we are passionate about good oral health. Our aim is to educate everyone on the importance of this and how it benefits your overall health and wellbeing.

In between dentist appointments, there are lots of things you can do to look after your teeth and gums. The Smile Guide is our dedicated magazine for employees, offering advice, tips and information around oral health.

Keep up to date on your oral health
Ways to maintain your oral health and useful contacts for Denplan members.

Dental care at the heart of general wellbeing
Exploring the link between dental care and overall wellbeing.

Snack attack!
Do you know which snacks to embrace and which to avoid?

The silent risk of gum disease
Why caring for your gums is a lifelong task and shouldn’t be underestimated.

What to do in a dental emergency
If you have an emergency while away from home, UK or abroad, find out what you should do.
Healthy mouth, healthy heart

What your mouth reveals about your health
Have you ever wondered what the dentist is looking for when you sit back in that chair? It’s more than you might think…

Increasingly, scientific research is finding connections between oral health and serious health conditions including diabetes, heart disease, strokes, kidney disease, and rheumatoid arthritis.

This means that when you visit your dentist for a dental check-up, they’re not only looking at your teeth, they’re also keeping an eye out for any dental issues that could increase your risk of developing or worsening any other health conditions in your body.

How is oral health linked to other diseases in the body?
Although scientists aren’t exactly sure of what’s behind the links between oral health and overall health, the current and most popular train of thought is that it might be to do with how the body reacts to inflammation.

It’s thought that, if inflammation in the mouth is left untreated, such as prolonged gum disease, it may trigger an inflammatory response elsewhere in the body, which can be an underlying issue in diseases including heart disease and rheumatoid arthritis.

Eat healthily
A healthy diet reduces your risk of developing heart disease, as well as making sure your teeth and gums get the nutrients they need.

Give up smoking
Smoking is a leading cause of heart disease, and also increases your chances of developing mouth cancer and losing teeth through gum disease.

Monitor the alcohol you drink
Drinking too much alcohol can have a harmful effect on your mouth and heart. Make sure you don’t exceed your daily guidelines.

Stay active
If you’re physically active, you’re less likely to suffer from heart disease than those who aren’t. Exercise also encourages the release of endorphins that help to make us happy, giving you even more reason to take good care of your smile!

Check the state of your oral health
Do you know how healthy your mouth is? It can be difficult to spot oral related diseases but left untreated they can have repercussions on more serious heart related diseases. You can take advantage of our dental health management tool and help get a handle on your oral health.

To start your assessment click visit www.denplan.co.uk/mydentalscore

Visit your dental team regularly
Your dentist and their practice team are best placed to spot any potential problems with your teeth and gums before they start to cause major problems. Keeping your mouth healthy may well help to keep your heart healthy too.

Protect your heart and smile

Whether this involves treating your loved one to a romantic dinner for two, or starting a new exercise regime in the gym, taking good care of your heart is very important. Here are some easy ways for you to lower your risk of cardiovascular disease, while helping to keep your teeth and gums healthy.

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Our eating patterns have changed over the years; we’ve gone from being a nation that swore by three square meals a day to adopting a grazing culture, with many of us enjoying several snacks a day. What does this mean for our oral health? Dentist and Denplan Advisor, Dr Mike Busby, explains all...

Helping your oral health

Helping your children to learn how to brush their teeth properly can ensure that they learn good oral health habits that last them a lifetime. Here are some of our top tips to get kids brushing right!

Use a toothbrush recommended by your dental team and get your kids to choose their favourite colours or characters.

Find a toothpaste that they like the flavour of – there are many on the market.

Brush for two minutes, twice a day – last thing at night and on one other occasion during the day – usually in the morning.

Spit the toothpaste out after brushing but don’t rinse. Rinsing washes away the protective fluoride.

Divide brushing into four sections in the mouth and brush each quadrant for 30 seconds – upper left, upper right, lower right, lower left. Brush in a circular motion and brush each surface of each tooth – tops and sides.

Healthy smiles

As well as eating healthily, remember to brush for two minutes, twice a day with fluoride toothpaste. Also, remember to change your toothbrush at least every three months to ensure the brush is in the best state to remove plaque from your teeth.

Tooth-friendly snacks – go wild!

- Vegetables – e.g. carrot sticks, celery, peppers, cucumber
- Whole fresh fruit (limit high-acid citrus fruits)
- Beans, peas and lentils
- Wholemeal bread
- Low-sugar/fat wholegrain cereals
- Water
- Plain milk

Mostly tooth-friendly snacks – enjoy in moderation

- Low-fat cheese
- Nuts and seeds
- Flavoured low-fat low-sugar milk and yoghurts
- Breadsticks and oatcakes

Not tooth-friendly! Snacks to avoid – mealtimes only

- Chocolates and sweets
- Crisps
- Cakes, biscuits, baked goods and pastries
- Dried fruit
- Sugary yoghurts and flavoured milk drinks
- Fruit juices and smoothies
- Fizzy drinks, high sugar squash, sports drinks

Isn’t snacking okay as long as I brush my teeth straight after?

We’re often taught as children to brush after each meal, but this is actually the worst time to do it. After eating, particularly acidic foods or drinks, tooth enamel is softer and brushing can wear this enamel away over time. Wait at least half an hour before brushing your teeth or, better still, brush before meals.

I thought that dried fruit, fruit juices and fruit smoothies were healthy?

Although they have the word ‘fruit’ in them, juices and smoothies are actually very high in natural sugars and acids. If you’re giving fruit juice to children, always dilute one part juice to one part water and only offer it during mealtimes, in moderation. Water and milk are still the most tooth-friendly drinks. Although often popular with children, probably because of its sweet and sticky texture, dried fruit has high concentrated levels of sugar, and can cling to teeth.

Why can some snacks be harmful to teeth?

Although we’re told it’s good to keep our metabolism fuelled, constant snacking can be harmful to teeth. Every time we eat sugary foods or drinks, the bacteria in our mouths produce acids that attack teeth that our saliva takes an hour to neutralise.

Constant snacking means that teeth won’t recover from these attacks and enamel can weaken over time. So the next time you’re trying to decide what to snack on or have for your next meal, think about what’s best for your teeth and your body.

What is considered a healthy snack?

In between meals, most dentists will agree that it’s a good idea to find snacks that are healthy for teeth as well as for your body. To help you, we’ve put together a snack chart opposite.

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What causes gum disease?
Gum disease is an infection of the tissues that support the teeth, caused mainly by bacteria found in plaque build-up. If the plaque isn’t effectively removed by regularly brushing and cleaning between the teeth, the bacteria can irritate the gums causing swelling, bleeding and sometimes soreness.

There are two types of gum disease:
- **Gingivitis** is the first stage of gum disease, and can be recognised by inflamed gums and bleeding when brushing or flossing teeth.
- **Periodontitis** is a more serious form of gum disease. At this stage the supporting tissues around your teeth become irreversibly damaged, causing tooth loss.

Recognise the signs
Many people with gum disease are unaware they have a problem because it’s often ‘silent’ with no pain or symptoms. However, there are a few things you might notice which could indicate early stages of gum disease:
- Sensitive or loose teeth
- Painful chewing
- Chronic bad breath or bad taste in the mouth
- Swollen, red, painful or bleeding gums
- Receding gums which will make your teeth appear longer.

刷牙

刷牙

口腔的沉默风险

如果我怀疑自己有牙周病该怎么办？

**访诊牙医**
你应该预约牙医检查，如果牙齿疼痛、肿胀或刷牙时出血。

**刷牙**
牙刷是我们对抗牙周病的最好工具。每天至少刷两次牙，并确保刷到牙龈线。

**牙线**
牙线可以清除牙刷无法触及的细菌和牙菌斑。定期使用牙线可以改善您的牙龈健康，只要坚持使用正确的方法，任何出血都应停止。

**您的牙线指南**

1. 取一条牙线，将每端绕在两根手指上。
2. 将牙线拉紧，从两颗牙齿之间滑过。
3. 牙线应从牙齿表面和龈缘滑过。
4. 继续这个过程，按顺序从一对牙到另一对牙。

《微笑手册》2016
What to do in a dental emergency

Any dental emergency like an injury to the teeth or gums can be potentially serious and should not be ignored. Ignoring a dental problem can increase the risk of permanent damage as well as the need for more extensive and expensive treatment later on.

Dental first aid tips

- **Clean the area** around the sore tooth thoroughly.
- **Rinse your mouth vigorously** with lukewarm (body temperature) salt water to dislodge trapped food or debris.
- **Do not use very hot or very cold** salt water as this may inflame the gums.
- **Do not place aspirin** on the gum or on the aching tooth.
- **If your face is swollen**, apply a cold compress and seek help from a dentist as soon as possible.
- **Cold water rinses** may temporarily ease the pain from a throbbing tooth.
- **Avoid lying down** as this raises the blood pressure and increases pain.
- **If a permanent tooth** is knocked out, rinse it gently in water if it’s dirty, and push the tooth back into its socket. If this is not possible, put the tooth into milk or saliva to keep it moist. Get to a dentist or hospital casualty department as soon as possible.

Top five dental emergencies

- Tooth abscess
- Loose crown/bridge needing re-cementing
- Orthodontic appliance adjustments/repair
- Temporary fillings
- Extractions

Holiday cover

Are you a Denplan member? Going on holiday abroad or in the UK? Don’t let dental pain ruin your plans. Every person with a Denplan dental plan is covered for dental emergency or injury, wherever you are.

**I’m home**

You can visit any dentist for any emergency and non-emergency treatment up to your policy limits.

If you need help locating a dentist phone call our Emergency Helpline on +44 1962 844 999 who will help you find an appointment. Alternatively, you can use our find a dentist services, by visiting www.denplan.co.uk/findadentist

Send the claim in the usual way and we’ll pay your money directly into your bank account (usually within five working days).

**I’m abroad**

You can see any dentist in an emergency and are covered for necessary temporary emergency treatment.

We do not have registered dentists overseas so we recommend that you ask your hotel concierge, tour operator representative or any family, friends or colleagues for a recommended dentist in the area.

If you don’t have any luck call our 24-hour Worldwide Emergency Helpline on +44 1962 844 999

Ensure you obtain the receipt in English and submit your claim when you return home.

Our find a dentist service isn’t just for emergencies you can use it anytime to find a dentist close to work or home. Give it a go by visiting www.denplan.co.uk/findadentist
Smileguide competition

Answer all four questions correctly for your chance to receive a goody worth £45!

For your chance of winning your goody bag, please visit www.denplan.co.uk/smilequiz

Full terms and conditions are available at www.denplan.co.uk/sgtcs2016