

## **Healthy Bites episode - maintaining oral health**

Hi, my name is Sharika-Marrie, I'm an Oral Health Therapist at Central Coast Health. Today let's talk about good oral hygiene.

Maintaining good oral hygiene is one of the most important things you can do for your teeth and gums. Healthy teeth not only enable you to look and feel good, they make it possible to eat and speak properly.

Keeping your mouth healthy also has wider health benefits such as prevention of heart, lung and diabetic complications.

Issues that can arise from neglected oral care include tooth decay and gum disease. These complications can result in pain, discomfort and embarrassment.

All of the above can be prevented by daily oral health care. Brushing teeth and gums each morning and night using a fluoride toothpaste, which helps strengthen tooth enamel and makes the teeth more resistant to decay. Spitting out toothpaste and not rinsing your mouth with water is also a good way protect against cavities.

Prioritising oral hygiene is important to your overall wellbeing. Follow these daily practices along with a balanced diet, and limiting alcohol and tobacco products to reduce the risk of cavities and gum disease

All adults in NSW who have a Medicare card and a concession or healthcare card can access public oral healthcare. Call us on 1800 679 336 for more information