

ORAL HEALTH PROMOTION



Dr Niki Kitsiou is an active member of the Oral Health Promotion network group of practices in Nottingham



Nottingham City is the second worst area in England where dental caries is high and not under control although England as a whole is the best country in Europe for children up to the age of 12 who have no caries and no missing teeth. (Richard McCallum-Head of Oral Health-Nottingham PCT).



Advice on caries prevention:

- Brush your teeth twice daily and do not rinse your mouth so that you receive more the fluoride benefits
- The night time brushing is the most important one
- Use a toothpaste with fluoride, pea-size and supervise children
- Restrict sugary foods and drinks to mealtimes only and always introduce fruit instead of sweets

Advice on smoking cessation:

Key messages for oral cancer prevention:

- Don't smoke
- Don't drink excess alcohol
- Don't use betel-quid and avoid tobacco use in the quid
- Don't sleep with the betel-quid in the mouth overnight
- Rinse your mouth thoroughly after the use of quid
- Discourage children and young adults from chewing
- betel quid/areca/gutkha/tobacco and avoid smoking
- and all the above habits in their presence
- Eat plenty of fresh fruits and seasonal fresh
- vegetables (5 a day)

Between April 2008 and September 2009 all children in this practice aged 6-12 received fluoride varnish at least twice yearly in order to prevent tooth decay. Currently all the children aged 3-18 who do need fluoride applications will still receive them.

In this practice you'll be asked frequently on your smoking habits and you'll be encouraged to reduce and quit tobacco use. The dental team will advise you and guide you on local Stop Smoking Services.



Stopping Smoking: Positive reinforcement

What to do with smoking cravings

Dear Patient: Follow the five D's every time you want to smoke.

- Delay
- Deep breathing
- Decide. Think positively
- Drink water. Try to drink 8 glasses of water each day
- Do something else. Take a short break from whatever you are doing, go for a walk, talk to someone, do something relaxing or occupy your mind

Smoking cessation Time chart

Dear Patient: Remember:

- After 20 minutes your blood pressure will be normal
- After 24 hours your taste and smell will improve
- After 3 days your breathing will become easier
- After 2-12 weeks your blood circulation will improve
- After 3-9 months coughs and wheezing will reduce
- After 5 years your risk of heart attack will fall to about half that of a smoker
- After 10 years your risk of lung cancer will fall to about half that of a smoker. Your risk of a heart attack will fall to the same as someone who has never smoked

Mouth cancer

Heavy smoking is associated with a 6x fold greater risk of oral cancer and when combined with high alcohol consumption the risk is approximately 30x times more.

The Mouth Cancer Foundation asked Mr ShaoDow to help raise awareness and produce an official rap for them to release during Mouth Cancer Awareness Week in 2008



RAP SONG

*It's the kinda thing, it's the, it's the kinda thing
It's the kinda thing that you could just ignore, just ignore!*

*It starts off with a chronic sore,
An ulcer, numb tongue or a swollen jaw,
It's the kinda thing you could just ignore,
But those small cells ain't so small anymore.*

*It seems like it'll never happen,
Mouth cancer a concept further than Saturn,
So you sit back, safe in your usual pattern,
While a small gang of cells start to quietly fatten.*

*This health stuff, man you don't buy it,
So you smoke, drink and keep a bad diet,
A dentist could help but you don't wanna try it,
And those cells have nothing to say they stay quiet. Quiet!*

*It starts off with a chronic sore,
An ulcer, numb tongue or a swollen jaw,
It's the kinda thing you could just ignore,
But those small cells ain't so small anymore.*

*Where will it attack? You can make your choice,
Is it the mouth? Throat? Will it take your voice?
Not a joke, not a lie, the death rate is high,
Nearly every three hours someone else will die.*

*So would a life style change really be so bad?
Would a trip to the dentist be so mad?
Listen to my words man, cos it's more than banter,
Think what you could lose, if you had mouth cancer.*

" Seems like it'll never happen "
Lyrics written and performed by Elliot
Haslam (Mr ShaoDow)