

## Useful Information

<b>Ashton, Leigh &amp; Wigan</b>	Leigh Health Centre Pemberton Health Centre	01942 483401 01942 481930
<b>Bolton</b>	Lever Chambers	01204 462730
<b>Chester</b>	The Fountains Health Centre	01244 356809
<b>East Cheshire</b>	Dene Drive Primary Care Centre, Winsford	01606 544188
<b>Halton</b>	Hallwood Health Centre	01928 593400
<b>St.Helens</b>	St.Helens Dental Clinic	01744 731395
<b>Stockport</b>	Kingsgate House	0161 426 5680
<b>Tameside &amp; Glossop</b>	Ashton PCC Ashton Under Lyne	0161 342 7150
<b>Trafford</b>	Seymour Grove Health Centre	0161 786 3331
<b>Warrington</b>	Bath St. Health & Wellbeing Centre	01925 867974
<b>Widnes</b>	HCRC	0151 495 5042

## Local Pharmacy

Your local pharmacies offer a wide range of services including information and general advice on symptom relief medicines as well as a prescription collection and delivery service.

A list of local dental practitioners is available from:

**Healthy Living**  
Ground Floor, Lincoln House  
College Street  
St.Helens  
WA10 1UQ

We are open: Monday - Friday, 9.00am - 5.00pm

☎ 0300 300 0103

🌐 [www.healthysthelens.co.uk/oralhealth](http://www.healthysthelens.co.uk/oralhealth)

🐦 @HealthySTH

✉ [hit@sthelens.gov.uk](mailto:hit@sthelens.gov.uk)

## Oral Health Care for Adults



St. Helens  
Council





## Gum disease and toothbrushing

Brush your teeth and gums before you go to bed at night and at one other time during the day.

Use a toothbrush with a small head and soft or medium bristles.

Use a pea sized amount of family fluoride toothpaste containing 1000-1450 parts per million fluoride. The dental team will show you where to find this information on the tube of toothpaste.

Do not wet your toothbrush, your saliva will do that for you.

Brush your teeth and gums thoroughly to remove the plaque and germs that can cause gum problems.

Spit the toothpaste out when you have finished brushing but do not rinse. This will allow the toothpaste to strengthen your teeth for longer.

Brush your teeth again more thoroughly if your gums bleed

If you use a mouth wash use it at a different time to brushing; after meals is a good time.

## Tooth decay and diet

Eating and drinking sugary things too often can cause teeth to go bad (decay). Every time we eat or drink something containing sugar the germs in our mouth produce acids, which then attack our teeth.

To prevent tooth decay keep sugary food and drinks to mealtimes. Snacks such as fruit or toast and drinks of plain water, milk or tea and coffee without sugar, are all safer for teeth in between meals.

## Erosion

Dental erosion is the thinning of tooth enamel which can make teeth sensitive to hot or cold things.

It is often caused by acids in fizzy (carbonated) drinks, concentrated fruit juices and diet drinks.

It is still alright to have these in moderation, but they are best kept to meal times.

## Smoking and alcohol

Smoking can affect the mouth causing:

- Gum disease
- Bad breath
- Cancer of the mouth & tongue
- Stained teeth

If you would like help to give up smoking contact your doctor, community pharmacy or The Stop Smoking Service in your area.

Excess alcohol consumption can contribute to poor oral health. Limit alcohol intake to the recommended levels.

## Oral Cancer

Anyone can be affected by oral cancer, whether they have natural teeth or dentures. It can affect any part of the mouth and throat.

Visit your dentist regularly, when your mouth will be examined for any changes. If you notice any changes in your mouth contact your dentist straight away.

