

**Hillingdon Oral Health**

**Bite size News**

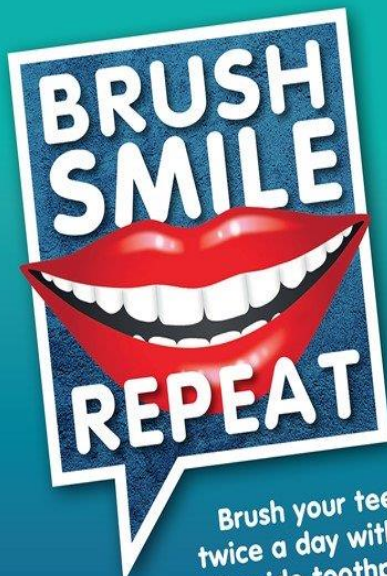
**National Smile Month Edition 18<sup>th</sup> May – 18<sup>th</sup> June 2020**

**May 2020**

4<sup>th</sup> edition

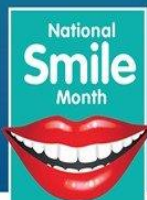
National Smile Month is the largest and longest-running campaign to promote good oral health.

Between 18th May and 18<sup>th</sup> June 2020, National Smile Month will be sharing positive messages and engaging others to develop and maintain a healthy mouth.



Brush your teeth twice a day with a fluoride toothpaste

Have less sugary foods and drinks  
Visit a dentist regularly



18th May - 18th June 2020

[www.smilemonth.org](http://www.smilemonth.org)



**Dental statistics**

An average of **3** SCHOOL DAYS missed every year due to **DENTAL PROBLEMS**



**7,926** children under 5 have had teeth extracted  
**TOOTH DECAY** is the most common reason a child is admitted to hospital

**66%** of adults have **VISIBLE PLAQUE**

**25%** of adults **DON'T BRUSH TWICE A DAY**

**39%** of adults **do not attend a DENTIST REGULARLY**



**74%** of all adults have had a **TOOTH EXTRACTED**

**1 in 3** have **NEVER FLOTTED** or **INTERDENTALLY** cleaned



**31%** of adults have **TOOTH DECAY**

**2million** Brits travelling **40miles** to access dental care



**8,337** new cases of **MOUTH CANCER** a year



**60 million** Brits without **FLUORIDATED WATER**

**6 million** **SMOKERS**  
**3 million** **DRINKERS**  
**20+ units** OF **ALCOHOL** A WEEK

**84%** of adults have **at least one or more fillings**



**3.5 million** people with **REGULAR ORAL PAIN**

**1 in every 7** **ADULTS** suffer from **EXTREME DENTAL ANXIETY**

This is how much **sugar** we consume every day. In some cases, it's almost **3 times** the recommended amount.



Brush your teeth at night and at least one other time during the day with a fluoride toothpaste  
Cut down how much and how often you have sugary foods and drinks  
Visit your dentist regularly, as often as they recommend

[www.dentalhealth.org](http://www.dentalhealth.org)



© Oral Health Foundation. Registered Charity Number 263198

For more information about National Smile Month please visit the Oral Health Foundation:

[www.dentalhealth.org](http://www.dentalhealth.org)

**During the Covid 19 Pandemic if you need emergency dental treatment please either contact your local Dentist or call NHS 111**