



INSEBA YAMUKANWA



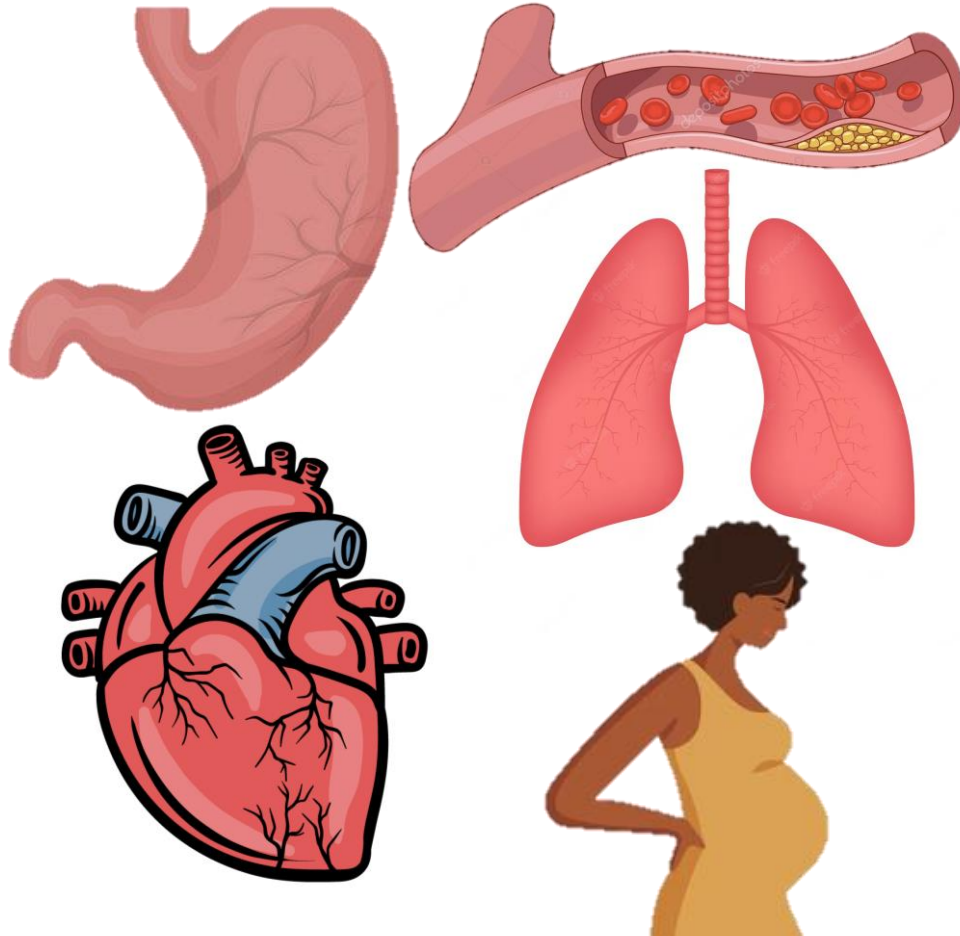
Muzeero Kiakwiiya

Tulombozya kuti bantu boonze mumunzi motukkala baciteelela eeci:

- Bulwazi bwakusiswa meno
- Incito zyameno azi zindiinini zyesu
- Zitondezyo zyakubola kwalino alimwi acisindiimini
- Kutalibamba kabotu ciletela malwazi
- Inzila zyakulikwabilila malwazi aameno azisindiinini

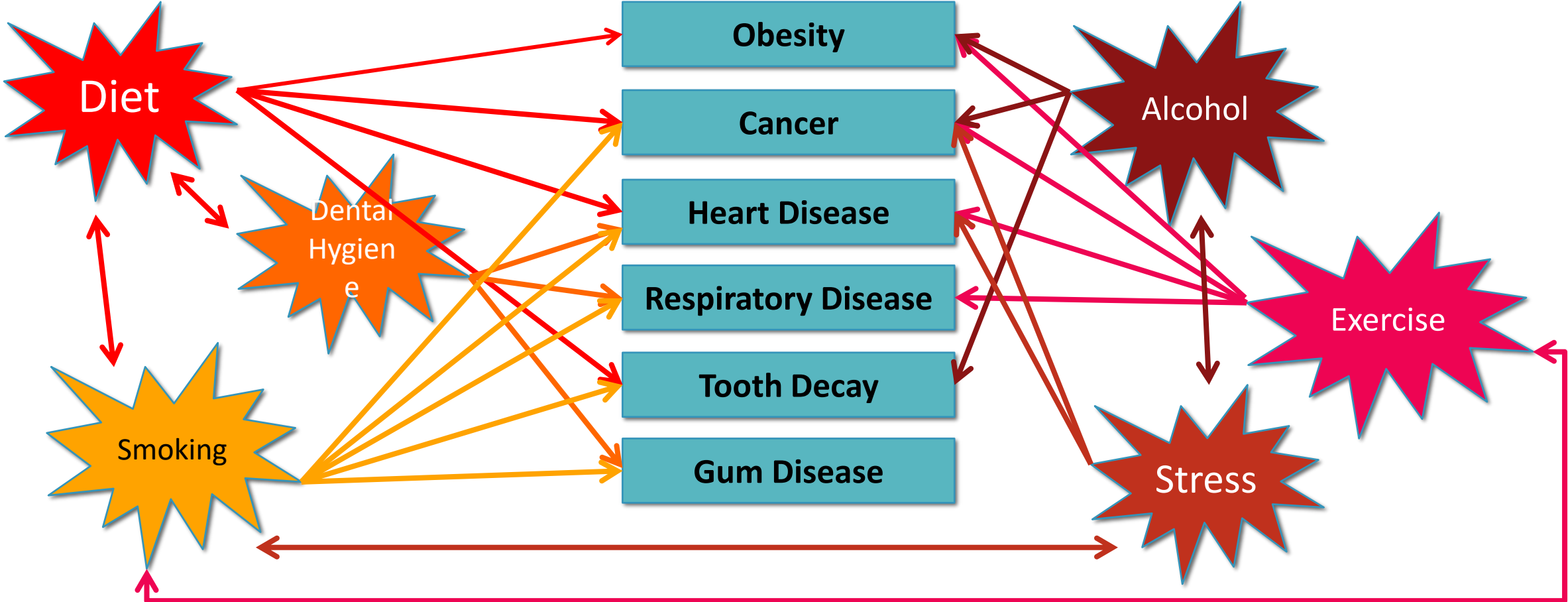


Why is Oral Health Important?



- **Nutrition:** Tooth decay and pain, or tooth loss can prevent you being able to eat a full diet, impacting nutrition.
- **Respiratory infections:** Bacteria from gum disease can travel to the lungs, causing infections.
- **Diabetes:** People with high blood sugar are more likely to have gum disease, and gum disease can make it harder to control blood sugar.
- **Pregnancy complications:** Pregnant women with gum disease are at higher risk of premature birth and low birth weight babies.
- **Heart disease:** The bacteria from gum disease can enter the bloodstream and cause infection in the heart, increasing the risk of heart disease and stroke.

Factors affecting health are all linked



Oral Health in Zambia

80% oral disease

20% severe gum disease

- 80% of the Zambian population suffer from oral diseases.
- Over 1 in 5 adults in Zambia in 2022 have **severe** gum disease according to World Health Organization.
- More people are developing mouth due to smoking and alcohol, poor oral hygiene, and low access to dental care.



Tooth Structure

There are 3 layers to a tooth:

The crown

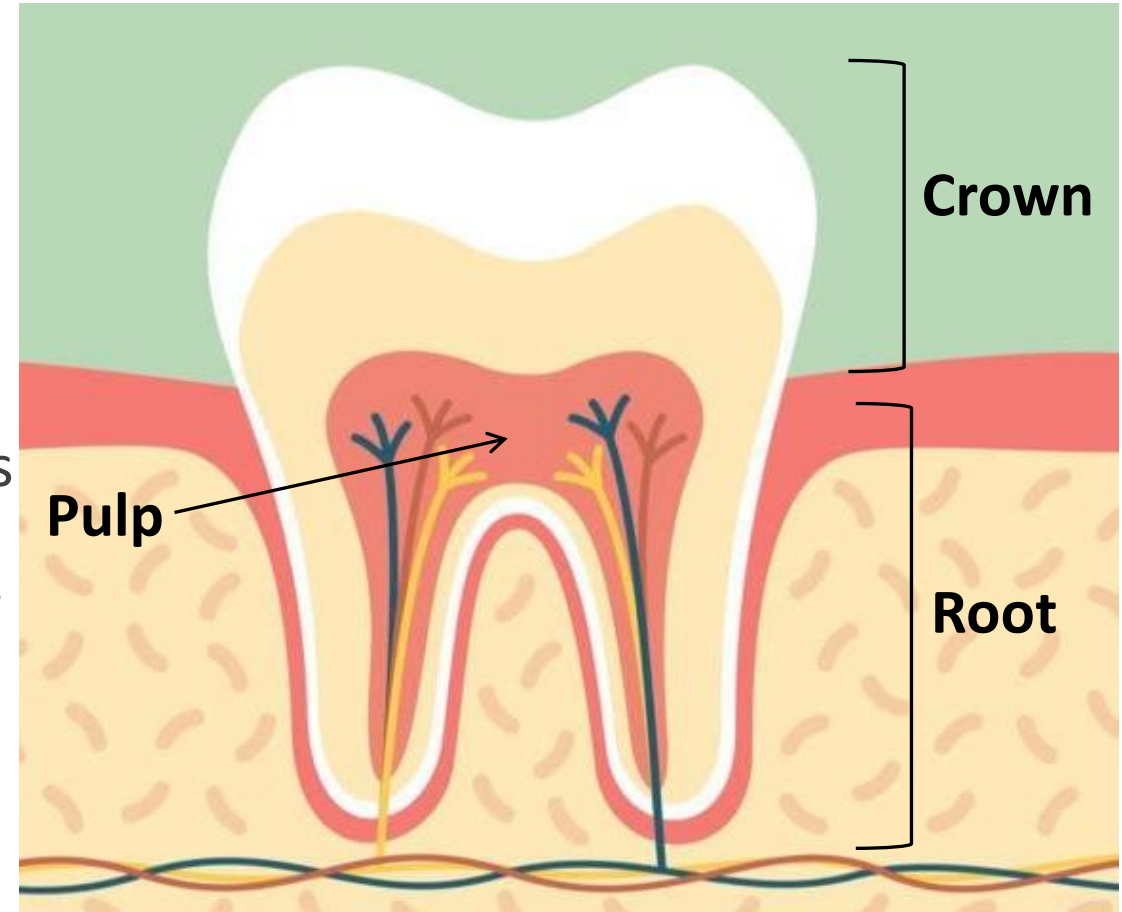
Above the gum. It is covered in enamel, which is the hard, protective outer layer.

The pulp

Soft tissue at the center of the tooth that contains nerves and blood vessels which provide nutrients to the tooth, and senses temperature. Damage or infection in the pulp causes pain.

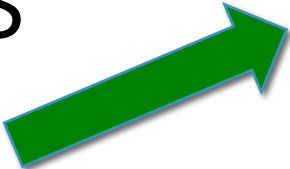
The root

Below the gum and holds the tooth in bone.



Disease Process

Brushing teeth prevents plaque, and removes it.



Bacteria in the mouth

Everyone has bacteria in their mouth, feeding on food stuck in teeth



Sugar turned to Acid

Bacteria convert sugar we eat into acid in your mouth, causing bad breath



Acid forms sticky plaque

Plaque causes holes to form in enamel & irritation of gums



Gum disease & tooth decay

Gums retreat, becoming infected. Holes in enamel are entry routes for infection



Healthy Teeth

Gum Disease

15Mar2022/13

Symptoms of tooth decay and gum disease

TOOTH DECAY

- White plaque deposits
- Brown roughness
- Holes in teeth
- Bad smelling breath
- Tooth pain
- Sensitive teeth drinking cold or hot fluids



GUM DISEASE

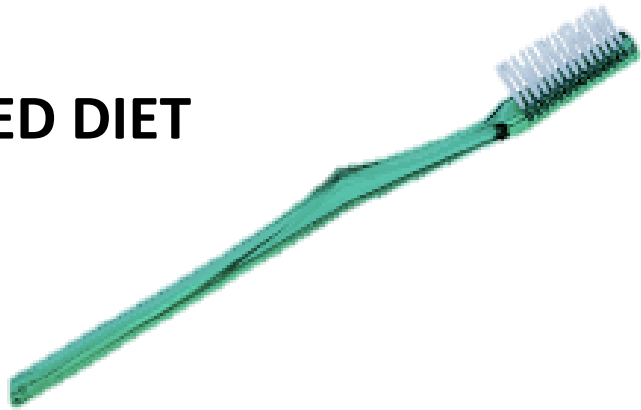
- Dark red puffy gums
 - Visible plaque
- Bleeding gums when brushing or chewing food
- Bad smelling breath
 - Tooth pain
- Teeth wobbling, or falling out due to bone loss



HEALTHY VARIED DIET

BREAST MILK

BRUSH TEETH



HEALTHY HABITS

HARMFUL HABITS

FIZZY DRINKS



**SWEETENING TEA &
COFFEE**



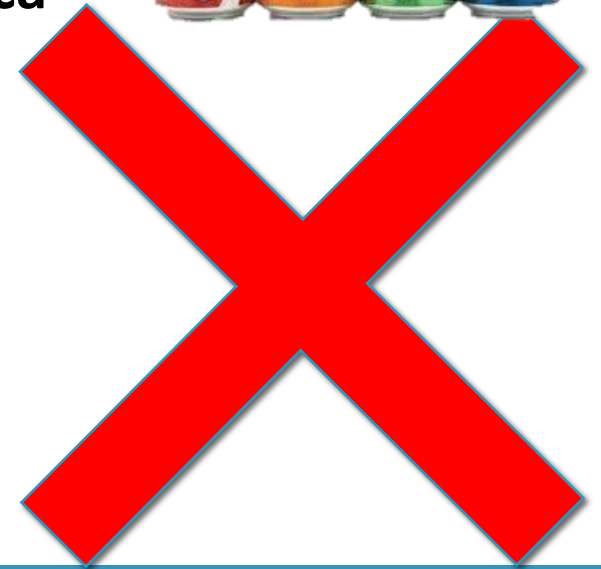
SMOKING & CHEWING

**Tobacco, betel nut, areca
nut**



**USING YOUR TEETH TO
OPEN THINGS**

ALCOHOL



USE A TWIG OF A
TREE OR
TOOTHBRUSH TO
BRUSH YOUR
TEETH.



TWICE PER DAY
2 MINS



USE TOOTHPASTE,
ASH, CHARCOAL,
WATER, BAKING
SODA



RINSE MOUTH WITH
SALT WATER, NEEM
LEAVES, GUAVA
LEAVES, CHARCOAL,
BAKING SODA,
MOUTHWASH

IF YOU CAN FIND THESE.
BRUSHING IS MOST IMPORTANT

How to brush your teeth



1. Wet your toothbrush or twig and apply toothpaste or an alternative.
2. Place the toothbrush at a 45-degree angle to the gum line.
3. Gently brush in circular motions for 2 minutes, making sure to clean all surfaces of your teeth, including the front, back, and top.
4. Use a back-and-forth motion to clean the chewing surfaces of your molars.
5. Spit out the toothpaste and rinse your mouth.
6. Rinse your toothbrush with water and store it in a clean, dry place.

Remember to brush twice a day, ideally after breakfast and before bedtime, and to replace your brushing device every three to four months.