



Can't afford to pay for NHS Dentistry?

You may be able to get help from the NHS Low Income Scheme by completing an **HC1 Form**.

Ask for an HC1 Form at:

- Your doctor, dentist or optician
- Jobcentre Plus
- Most NHS hospitals

Or ring **0845 610 112**

You are entitled to free NHS dentistry if you or your partner gets:

- Income Support
- Income-based Jobseekers Allowance
- Income-related Employment & Support Allowance
- Pension Credit Guarantee
- Universal Credit & meet the criteria
- Are named on an NHS Tax Credit Exemption Certificate.

To Find Your Local NHS Dentist:

Visit NHS Choices website at www.nhs.uk/dentists

Or call your local Healthwatch on **0116 251 8313**

Need URGENT dental care?

Calls are FREE from landlines and mobile phones



The NHS non-emergency number

Get Sugar Smart!

FREE Change4Life App

- Scan bar codes of food packaging
- See the number of sugar cubes in your food and drink



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Oral Health

Adult Information Guide



How can I have healthier teeth and gums?



Healthy Teeth, Happy Smiles!

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Healthy Teeth, Happy Smiles!

Quick Tips About Oral Health

Cut down snacking on sugary food and drinks.

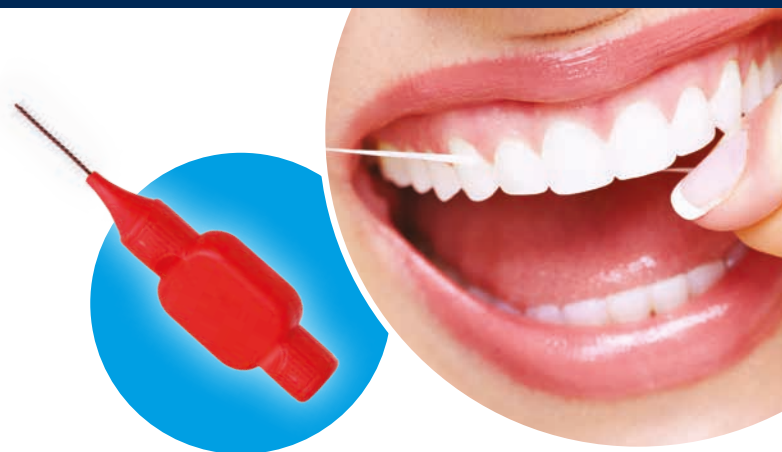
- This will reduce the number of times your teeth are exposed to acids.

Brush with fluoride toothpaste twice a day.

- Fluoride helps strengthen teeth and helps to fight tooth decay

Just spit, don't rinse!

- Do not rinse away fluoride toothpaste after brushing
- Change your toothbrush when worn out



Clean between your teeth using floss or interdental brushes

- This will remove more plaque and protect against gum disease and tooth decay

Stop smoking

- Reduces your chance of getting gum disease and mouth cancer.
- Smokeless tobacco products can also cause mouth cancer.

Visit your dentist

It is important to visit your dentist regularly, even if you wear dentures!

Dentists can check for :

- Cavities
- Gum Disease
- Mouth Cancer



Tobacco and alcohol increase your risk of mouth cancer

For FREE advice and help with quitting smoking:

Leicester City

Visit www.stopsmokingleic.co.uk

Call our helpline **0116 454 4000**

Leicestershire and Rutland

Visit www.quit51.co.uk

Call **0800 622 6968**

Text **smokefree** to **66777**

stop smoking service

If you are concerned about how much alcohol you are drinking, visit the NHS website www.nhs.uk

You can also phone **Drinkline** on **0800 876 6778** or see your GP.

Find a local dentist ➤