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

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

CALL
111

The NHS non-emergency number

Get Sugar Smart!

FREE NHS Food Scanner app
- Scan bar codes of food packaging
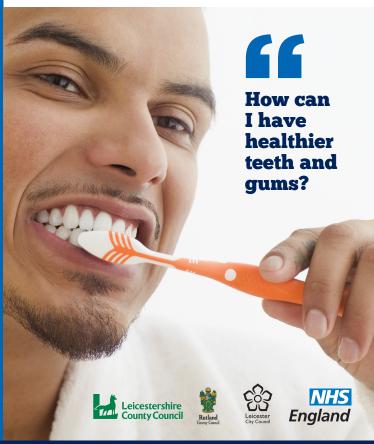- See the number of sugar cubes in your food and drink

Download on the **App Store**

ANDROID APP ON **Google play**

Oral Health
Adult Information Guide

"" How can I have healthier teeth and gums?

Leicestershire County Council

Rutland County Council

Leicester City Council

NHS England

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 **livewell.leicester.gov.uk**
Call our helpline **0116 454 4000**

Leicestershire and Rutland
Visit **www.quitready.co.uk**
Call **0345 646 66 66**
Text **'ready'** to **66777**

If you are concerned about how much alcohol you are drinking, visit the NHS website **www.nhs.uk**
You can also phone **Drinkline on 0300 123 1110** or **see your GP**.

Live Well LEICESTER

QuitReady Leicestershire & Rutland

Find a local dentist