

Shine Bright

Oral Health for Minority Ethnic (ME) Communities

7 bad oral habits to Avoid!

NEWSLETTER
25TH JUNE 2020

Hello members,

Hope you are all well and safe. We are now in the 2nd phase of the governments exit plan and as I type the infection rate figures continue to drop in Scotland. We hope this stays and soon we are able to enjoy life as before. I'm not sure about you but I have become so used to the new normal that it will take a long time before I will be able to fully relax when outdoors. Maintaining social distance, wearing masks when in public places and continuously sanitizing mine and my children's hands has become a part of our lives! The carefree days seem like an era ago 😊.

This 2nd phase will also see Dental surgeries opening across the country for emergency treatments only. However full routine appointments will only be available in phase 3.

This week is also the last week of school for the children of Scotland. Though schools had closed doors for classroom teaching in March, remote online teaching had been introduced and children were able to access daily lessons online. With no summer holiday travel allowed this year we hope the weather continues to stay dry and warm and children able to enjoy outdoors as staying indoors with no schoolwork to occupy them can be very frustrating for parents as how to keep them entertained!! Maintaining mental and physical wellbeing is very crucial in these difficult times.

Moving on to this week's discussion we wanted to highlight the importance of maintaining good oral hygiene which is just as important as mental and physical health.

Our eating habits affect our overall health and certain bad habits can not only damage teeth but can also have an adverse effect on our mental and physical wellbeing. As the saying goes 'you are what you eat' so lets practice good oral hygiene as well as eating healthy and looking after ourselves.

This week we will be discussing bad oral health habits. We all have our certain habits that can be so hard to break. Sometimes, we do them when we are in stress, or sometimes we do them because they make us happy. These habits can have a negative impact on our health. Below are 7 habits to keep in mind with concern to your oral health.

Number 1



Eating Ice - when you eat or chew ice, you are putting your teeth at risk of chipping or cracking against the ice's tough and frozen exterior. Eating ice can also irritate the tissues around your teeth, affecting your oral health in the process.

Number 2



Biting nails - if you're constantly biting your nails or chewing on pencils, your teeth will be at risk of slowly being worn down. You may also put additional stress on your teeth, which can cause them to misalign. This can affect your oral health by making you more prone to plaque and bacterial build-up.

Number 3



Drinking coffee or red wine—if you're a regular coffee or wine drinker, the acidity and colour of the coffee or wine can cause your teeth to stain. It is recommended that you add cream to your coffee and limit your wine intake to balance out the affects it can have on your oral health.

Number 4



Tongue or lip piercings—when you have hard pieces of metal in your mouth, you always run the risk of accidentally biting down on it. This puts you at a further risk of accidentally chipping or cracking your teeth. The metal can also rub against your gums, causing damage which may lead to oral health concerns such as infections.

Number 5



Brushing your teeth too hard—brushing your teeth too hard can wear down your teeth as well as damage and irritate your gums, leaving your teeth more susceptible to oral health concerns.

Number 6



Gummies and hard candy—gummies and hard candy are packed with sugar, which can cause tooth decay. Gummies are especially harmful for your teeth, because they have a tendency to stick to your teeth and remain in your mouth of a long period of time. This can affect your oral health by increasing your chances of getting cavities.

Number 7



Binge eating—binge eating usually involves a high level of sugar-filled sweets, which can lead to tooth decay and other oral health concerns.

Hope you all will consider these above tips in your daily practice. Please continue to stay in touch and keep liking our videos on Youtube and facebook.

Till next time, stay safe and happy and stay connected!!!!

