

Shine Bright

Oral Health for Minority Ethnic (ME) Communities



NEWSLETTER
10TH NOVEMBER 2020

Hello Members,

As we approach the end of the year, 2020 will be remembered for the global pandemic. Covid 19 has claimed many lives and left many in financial and personal distress. As the vaccine is introduced, we can hope that we will be able to overcome the pandemic in 2021 and life will go back to normality.

The First Minister had announced that lockdown will be eased on Friday 11th December and we will then enter tier 3. Below is a map of what Tier 3 will mean:



Level 0	Level 1	Level 2	Level 3	Level 4
Level 3 Measures				
These are the protective measures that apply in your local area from 2 November. These will be updated, check www.gov.scot for updates.				
FACTS In all levels and settings, please follow relevant public health advice and requirements such as on the use of face coverings.				
Socialising No in-home socialising (limited exceptions) 6 people from 2 households outdoors and in public spaces, e.g. hospitality settings	Hospitality No alcohol 17:00 Last Entry 18:00 Closed	Travel Essential travel only to/from level 3 or 4 areas in Scotland and to/from rest of UK Follow rules and advice on international travel	Transport Active travel (walk, run, cycle, wheel) where possible Essential use of public transport only Avoid car sharing with people not in your household	Places of worship Open Restricted numbers 50
Shopping Open	Close contact services Open out may be subject to additional protective measures See guidance on which mobile close contact services are permitted	Support services Online where possible	Schools Open with enhanced protective measures in place	Colleges and Universities Restricted Blended
Early Learning and Childcare Open with enhanced protective measures in place	Informal Childcare 	Unregulated (children's) activities Restrictions apply - see guidance	Public buildings Open with protective measures	Driving Lessons
Visitor Attractions Open with protective measures	Public Services Open out reduced face-to-face services	Public buildings Open with protective measures	Sports and Exercise Indoors Individual exercise only (exception for under 18s) Outdoors at least 2m (18+) contact points	Accommodation Open Work related use to continue Stay local
Offices and Call Centres Essential only work from home	Other workplaces Open with enhanced protective measures in place	Shielding Level 3 Shielding Rule	Stadia and Events Events not permitted Stadia closed to spectators	
Leisure and Entertainment Closed	Life Events Weddings/ civil partnerships 20 Funerals 20 Wakes and receptions 20			

The advice to all remains the same – avoid unnecessary travel, wear masks when in public and use hand sanitisers before entering and upon exiting public places.

The topic for this week's newsletter is mouth ulcers.

What are mouth ulcers?



Ulcers are painful sores that appear inside the mouth. They are usually red or yellow. They are different from cold sores, which appear on the outer lips and are caused by a virus. Mouth ulcers can appear inside the cheeks, and on the lips, tongue and gums and, more rarely, on the roof of the mouth.

What are the common causes of mouth ulcers?

Usually a single mouth ulcer is due to damage caused by biting the cheek or tongue, or by sharp teeth. Brisk brushing or poorly fitting dentures can also cause ulcers. These ulcers are called 'traumatic' ulcers. If you have a number of mouth ulcers, and they keep coming back, this is called 'recurrent aphthous stomatitis'.

Some medical conditions can also cause ulcers:

- Cold sore virus
- Chickenpox,
- Hand, foot and mouth disease
- Vitamin B12 deficiency
- Iron deficiency
- Crohn's disease— a long-term condition that causes inflammation of the lining of the digestive system.
- Herpes simplex often causes mouth ulcers in children and some adults.
- Anaemia and other blood disorders,
- Skin or gastrointestinal diseases.

Sometimes the mouth ulcers are the only sign of an underlying disease.

Traumatic Ulcer

Traumatic ulcers are usually on their own. They are situated next to the cause of the damage and go away once the source of the problem is removed. Most of these ulcers are the size of the top of a pencil and can sometimes come in clusters. You can get four to six at any one time. They normally last for about 2 weeks and heal on their own.

Recurrent Ulcers

Recurrent aphthous stomatitis is a common problem and is the repeated appearance of mouth ulcers in otherwise healthy children and young people. The cause is not known, but it is not infectious and is unlikely to be inherited. Avoiding things that irritate your mouth ulcer should help.

Do

- ✓ USE A SOFT-BRISTLED TOOTHBRUSH
- ✓ DRINK COOL DRINKS THROUGH A STRAW
- ✓ EAT SOFTER FOODS
- ✓ GET REGULAR DENTAL CHECK-UPS
- ✓ EAT A HEALTHY, BALANCED DIETICH IN VITAMINS A, C AND E

Dont

- ✗ DO NOT EAT VERY SPICY, SALTY OR ACIDIC FOOD
- ✗ DO NOT EAT ROUGH, CRUNCHY FOOD, SUCH AS TOAST OR CRISPS
- ✗ DO NOT DRINK VERY HOT OR ACIDIC DRINKS, SUCH AS FRUIT JUICE
- ✗ DO NOT USE CHEWING GUM
- ✗ DO NOT USE TOOTHPASTE CONTAINING SODIUM LAURYL SULPHATE

Treatment

The treatment depends on the cause of the ulcers. A pharmacist can recommend a treatment to speed up healing, prevent infection or reduce pain, such as:

- antimicrobial mouthwash
- a painkilling mouthwash, gel or spray
- corticosteroid lozenges

You can buy these without a prescription, but they may not always work.

Should I worry about my ulcers?

Most ulcers heal up on their own. However, if they don't heal within three weeks you should visit your dentist. Your dental team will be able to examine your mouth to check that the problem is an ulcer and not something more serious such as mouth cancer. If you suffer from ulcers that come and go

often, you should visit your dental team to check that there is not an underlying medical cause.

Always see your dentist or doctor if:

- The ulcer lasts for more than 3 weeks
- You feel very unwell
- The ulcers keep coming back

It is very important to be conscience of your body and recognise signs. Sometimes a little change in lifestyle is all that is required to feel well both mentally and physically.

Till next time, take care and stay safe!!!