

Shine Bright

Oral Health for Minority Ethnic (ME) Communities



NEWSLETTER
01 FEBRUARY 2021

Hello Members,

We are approaching the end of the first month of 2021. For many the excitement of new year resolutions, fresh beginnings and the spirit after the festive period ends, are a thing of the past. Scotland along with the rest of the world has been fighting a global pandemic. 2020 has claimed many lives, many have lost loved ones, lost jobs and struggled with their health and wellbeing. The world is hoping that the vaccines introduced will work as claimed and life can go back to somewhat normality.

The vaccine approved for use in the UK by the Medicines and Healthcare products Regulatory Agency (MHRA) Scotland is called Oxford/AstraZeneca. It has started to be administered across Scotland since Monday 11th of January 2021. Those over the age of 80 years are the first to be offered the vaccine.

Scottish Government has urged to:

- Please do not contact your GP but wait for your letter or phone call.
- Please remember that when the time comes for your second dose, it is crucial you get it as this is vital for longer term protection and to complete the course.

First Minister has announced the lockdown restrictions are extended till mid-February and schools will also remain closed till further notice.

During this difficult time, it is very hard for many people to concentrate on health and wellbeing. Staying at home, working from home and then the added stress of home schooling for those of us who have children has been adding a lot of pressure on many individuals. Staying at home means we are not as physically active and may not burn calories we are consuming, which is also leading to many health

complications. Snacking in between meals also has an impact on health and oral health.

Importance of Oral Health

There is increasing evidence to support detection of coronavirus within saliva.

Due to lockdown restrictions, there is limited dental access and this is also having a huge impact on necessary treatment. Individuals are in a position where they may suffer in pain for a longer duration. With it being near impossible and difficult to reach a dental surgery in time, the management of dental pain is pivotal.

With the ongoing restricted dental guidelines, it is difficult for Dentists to carry out many procedures freely.

An integral part of our role in the Shine Bright team is to provide information on oral hygiene to help service users to improve their brushing regime on their own. Looking at ways to help encourage individuals to practise better brushing methods during these quarantine times, can sustain both their oral and overall health.

We would like to remind members to continue looking after their oral health by practicing the following tips:



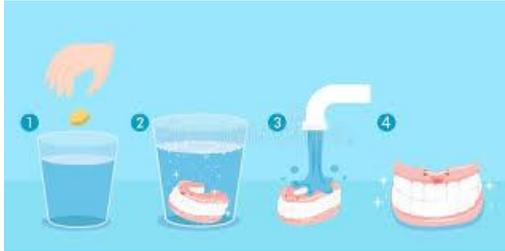
Brush twice daily for at least two minutes and after brushing, spit out rather than rinsing out with water. Ensure you use a fluoride toothpaste with at least 1400ppm.



Always stay hydrated. Hydration is key to keep your saliva active in keeping the oral tissues moist and healthy.



Avoid snacking throughout the day. This can disrupt the saliva levels in the mouth, which will affect the health of the tissues in the mouth. Also restrict sugar to mealtimes only.



Make sure dentures are cleaned daily. To make them last longer, clean them after eating each meal. Also avoid going to sleep with them on.

It could be some time before the dental world reaches some level of normality. Encouraging dental care advice at this time can only act as a benefit to individual's overall health.

In the meantime, stay positive, remain safe and – most importantly – don't forget to remind ourselves to continue brushing!!!!