

# Men – Choose the Right Tools for Your Teeth!



Be sure to visit your dental team at least once a year (even if you have no teeth or wear dentures) for a mouth cancer examination, advice and a check-up to prevent gum disease, tooth decay and to minimise tooth wear.



Your oral health is important. Poor oral health may affect your general health with links between gum disease, diabetes, cancer and heart disease. Take care of your mouth, teeth and gums.



Daily oral hygiene can support feelings of wellbeing and improve your quality of life.



Dental Health  
Foundation  
Ireland

**Your toothbrush is not a power tool, hold it like a pen.  
Brushing too hard can damage your teeth and gums.**

### **Tooth Tips**

- Brush twice a day, before bedtime and one other time for 2-3 mins. Spit, don't rinse after brushing. Gently brush your tongue to help reduce bad breath.
- Tools for the job: A soft/medium toothbrush, change when the bristles are worn or every 3 months; fluoride toothpaste (1450ppm); floss daily to reduce plaque build-up, and/or use interdental brushes. Ask your dental team for advice on technique.

### **Things to Consider**

- Smoking and alcohol increases your risk of mouth cancer, heart disease, bad breath, gum disease and stains on the teeth.
- If you need support, consider contacting [www.quit.ie](http://www.quit.ie) or [www.askaboutalcohol.ie](http://www.askaboutalcohol.ie)
- Regular exercise may help relieve stress which is a risk factor for gum disease and may also cause tooth wear.
- Check your dental entitlements at [www.citizensinformation.ie](http://www.citizensinformation.ie)
- Some medications are high in sugar. Ask your dentist, doctor or pharmacist for advice on a sugar-free medications and the options to manage a dry mouth.

### **Diet Tips**

- Small diet changes can make a big difference, eat more fruit and vegetables. Choose healthy snacks like fresh fruit or low-fat dairy. Foods such as dried fruit or honey are high in sugar. Limit fruit juice or smoothie to one small glass per day at mealtimes. Unsweetened is best. Avoid high sugar sports drinks.
- Keep hydrated with unflavoured water or milk instead of sugary/fizzy drinks which increase the risk of tooth decay, tooth wear and acid attacks (especially between meals).
- Read food labels for sugar content (less than 5g per 100g is considered a low sugar).