

KEEP THAT PEARLY WHITE SMILE!

DID YOU KNOW THAT YOU CAN GET FREE DENTAL CARE UNTIL YOU ARE 18??

- That includes a free check-up every 12 months and most treatment that may be needed.
- To enrol contact a dentist that provides the free dental service
- You can find a dentist by:
 - visiting www.cdhb.govt.nz/dentalcare/youth
 - calling 0800 TALK TEETH (0800 825 583)
 - asking your local dentist if they provide the free dental service

WHY VISIT A DENTIST?

- A dentist can help you maintain attractive teeth for an attractive smile
- A dentist can give you expert advice on bad breath
- A dentist can give you expert advice on how to keep your mouth healthy, improving confidence and self-esteem.
- A dentist can improve your oral health which can also improve your overall health
- They will provide you professional dental care FREE!

TOOTH DECAY IS PREVENTABLE

- **Brush teeth twice a day using a fluoride toothpaste**
- **Choose water or milk first**
- **Take advantage of your free check-up every year!**

FOUR OF THE WORST THINGS TO DO WITH YOUR TEETH

- Smoking
- Sipping on fizzy, sports drinks, energy drinks and fruit juices throughout the day, limit these drinks and have water and milk instead.
- Playing contact sports without a mouthguard
- Using your teeth as a tool i.e.: opening bottles or cutting string

TEST YOURSELF FOR BAD BREATH

Lick your wrist, wait 10 seconds and then smell the spot where you licked. The scent you inhale will be very similar to your breath odour. It's generally a good time to test yourself if you have a bad taste in your mouth or if you notice people stepping back slightly when you are talking to them.

Information from 'It's Free & It's All Good!' pamphlet.
For more information visit www.cdhb.govt.nz/dentalcare

Healthy Nibbles

Nutrition Updates for High Schools

Date: March 2010

Code/Reference: NUT00230

Authorised by: Nutrition and Physical Activity Team

For more information visit: www.cph.co.nz

Canterbury

District Health Board

Te Poari Hauora o Waitaha