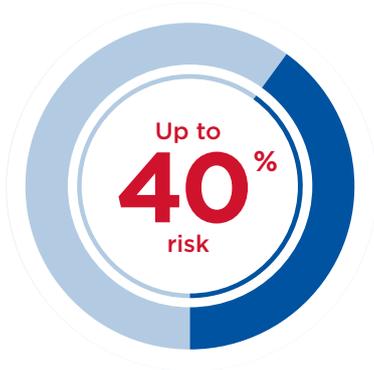


# MEDICATION USE IS THE NO. 1 CAUSE OF DRY MOUTH<sup>1,2</sup>

Taking multiple medications of any type can also increase the risk of Dry Mouth.<sup>5,6</sup>

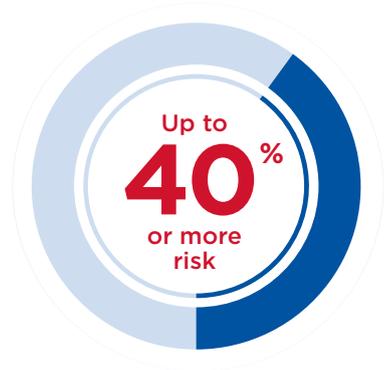
x2 medications



x3-5 medications



x6-7 medications



### Mouthwash

Immediate and long-lasting relief, and helps freshen breath

- Alcohol-free
- Use up to 5 times a day
- Helps maintain a healthy oral environment
- Soothing and gentle



### Oralbalance Gel

Our most concentrated formula, immediate and long-lasting relief

- Alcohol-free
- Use as and when required
- Flavour-free oral gel



### Toothpaste

Specially formulated toothpaste for Dry Mouth sufferers

- Use as part of a daily oral care routine
- With fluoride to help strengthen teeth and protect from cavities
- SLS-free

Visit [www.biotene.co.uk](http://www.biotene.co.uk) for more information

Practice stamp:

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**References:** 1. Turner MD, Ship JA. J Am Dent Assoc 2007;138(Suppl 9):155-205. 2. Kleinegger CL. J Calif Dent Assoc 2007;35(6):417-424. 3. Plemons JM, et al. J Am Dent Assoc 2014;145(8):867-873. 4. Scully C. Oral Dis 2003;9(4):165-176. 5. Sreebny LM, et al. Oral Surg Oral Med Oral Pathol 1989;68(4):419-427. 6. Nederfors T, et al. Community Dent Oral Epidemiol 1997;25(3):211-216.

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# Look after their teeth in 4 easy steps

# 1

Brush twice a day for 2 minutes with a toothbrush and fluoride toothpaste specifically developed for your child's age

# 2

Children under 2 should use no more than a smear of toothpaste and children aged 3-6 should use no more than a pea sized amount of toothpaste

# 3

Brush in a gentle circular motion making sure you clean all the tooth surfaces, and right up to the gum line

# 4

Limit the number of times your child's teeth are exposed to sugary food and drinks to 4 times a day

# 5

Take your child to visit the dentist for regular 6-monthly check-ups



Download the **FREE** all-singing all-dancing Aquafresh Brush Time App from the Google Play or Apple App Store now and make brush time fun time!



Practice stamp:

Practice stamp area with horizontal lines for writing.

# AT LEAST **8 OUT OF 10 ADULTS** SHOW SIGNS OF **GUM DISEASE**

Healthy gums shouldn't bleed, so if you see any blood when you brush or floss, this could be a sign of gum disease.

## IT'S TIME TO FIND OUT MORE ABOUT GUM DISEASE



Caused by plaque bacteria, a sticky film that constantly builds up around, on and in between your teeth and if not removed can lead to irritated, bleeding gums when brushing or flossing.



As plaque breaks down pieces of food in your mouth, it may release an unpleasant smelling gas leading to bad breath.



A build-up of plaque can cause irritated gums, which may appear red and swollen.



Tooth loss can be caused by one of the severe forms of gum disease, called periodontitis. It can occur when symptoms such as bleeding gums are left untreated, which is why it is vital to treat symptoms early so you don't let things get this far.

## HOW TO KEEP GUMS HEALTHY



**1** Brush your teeth and use a fluoride mouthwash twice a day, every day with a specialist gum health range like **CORSODYL**.



**2** Use a manual or electric toothbrush with a small head and soft round bristles, paying particular attention to the gum line.



**3** Floss or use interdental brushes to remove plaque from hard to reach areas, like in between your teeth or at the back of your mouth.



**4** Ask your dentist or hygienist for advice around treatment for persistent gum problems.

## CORSODYL TOOTHPASTE

A daily regime to maintain healthy gums.



- 4x more effective than regular toothpastes at removing the main cause of bleeding gums\*
- 8 specially designed benefits for healthier gums and stronger teeth.
- **Corsodyl's** best tasting toothpaste.

Practice stamp:

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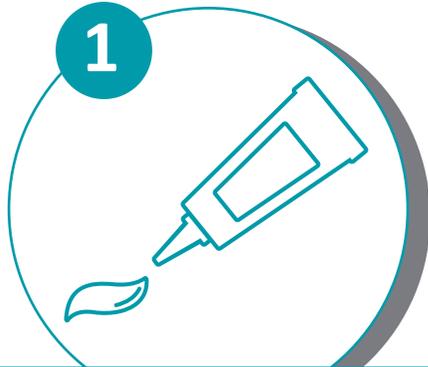
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Ask your dentist or hygienist about gum health

\*Compared to a regular toothpaste following a professional clean and 24 weeks twice daily brushing

To find out more about Corsodyl, visit [www.corsodyl.co.uk](http://www.corsodyl.co.uk)

## Simple steps on how to use a Denture Adhesive



**1**  
PLACE A SMALL AMOUNT  
OF DENTURE ADHESIVE

*Once a day: Place a small amount of denture adhesive onto a clean and dry denture*



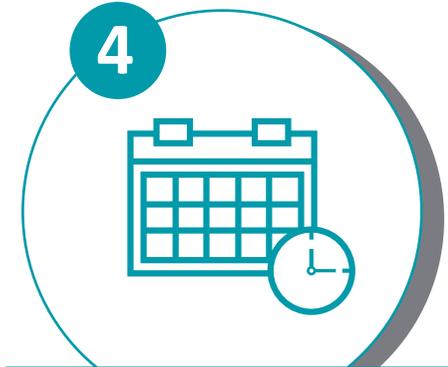
**2**  
PUT DENTURE BACK  
INTO YOUR MOUTH

*Put the denture into your mouth and close firmly for a few seconds*



**3**  
LEAVE YOUR DENTURES  
OUT AT NIGHT

*Every evening, clean the denture and the inside of your mouth thoroughly to remove any adhesive*



**4**  
VISIT YOUR  
DENTIST REGULARLY

*Ensures your mouth remains healthy*

**An easy routine to help aid your denture experience**

Practice stamp:

# Four simple steps to keep dentures at their best

1



## BRUSH YOUR DENTURES DAILY

*Use a non-abrasive cleaner,  
not toothpaste*

2



## SOAK YOUR DENTURES DAILY

*Use a denture cleanser  
to remove more plaque and  
disinfect your dentures*

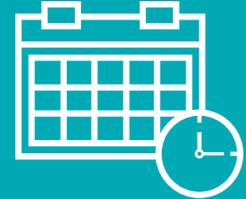
3



## LEAVE YOUR DENTURES OUT AT NIGHT

*Helps to relieve any soreness  
and prevent infection*

4



## VISIT YOUR DENTIST REGULARLY

*Ensures your mouth  
remains healthy*

**A simple daily routine for clean dentures  
that promotes well-being and general health**

The White Paper on Optimal Care and Maintenance of Full Dentures for Oral and General Health was sponsored by GSK and developed by a global task force of dental health care professionals convened by the Oral Health Foundation. Access the White Paper at: [www.dentalhealth.org/denturecareguidelines](http://www.dentalhealth.org/denturecareguidelines). This infographic has been produced by GSK in collaboration with the Oral Health Foundation. For more information, and to download and print additional copies for your practice please visit: [www.dentalhealth.org/denturecareguidelines](http://www.dentalhealth.org/denturecareguidelines).

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# Could Acidic Food and Drink be **WEAKENING YOUR TOOTH ENAMEL?**

## Is my tooth enamel at risk?

**Tooth enamel is a hard substance that covers your teeth and protects them from damage. Enamel is precious because if it wears away, it can't regrow.**

Acids in food or drink, such as fruit or fizzy drinks, can soften your enamel surfaces, making it more easily worn away through normal chewing or brushing. This process is known as Enamel Wear or Acid Wear.

Unfortunately, it is becoming common; up to **1 in 3** young adults in Europe have signs of Enamel Wear.

Over time, Enamel Wear can lead to changes in tooth shape; thinning of tooth edges; teeth with a dull, yellow appearance and tooth sensitivity. However, the early signs are often hard to recognise.

**Enamel Wear is a growing concern due to modern diets and early signs can go unnoticed**

## How can I protect my tooth enamel?

There are several simple steps you can take to protect your precious enamel from further wear, starting right now:



Reduce how much acid your teeth are exposed to:

- Try to limit the number of times you consume acidic food and drink, such as fruit or fizzy drinks, to less than four per day
- Avoid sipping fruit juices, sports drinks and sodas over long periods, or holding acidic drinks in your mouth
- Eat fruit with meals to avoid an increased exposure to dietary acids



Brush gently but thoroughly with a soft-bristled toothbrush, and do not brush immediately after eating or drinking acidic food or drink



**Use a specialised fluoride toothpaste, such as Sensodyne Pronamel**

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**Ask your dentist or hygienist if you're concerned about Enamel Wear**

**Visit [www.pronamel.co.uk](http://www.pronamel.co.uk) for more information**

# What is sensitivity and how could it be affecting you?

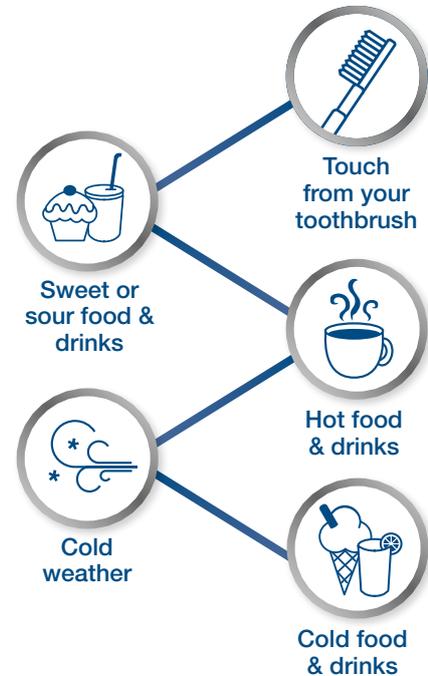
Sensitive teeth develop when the inner layer of your teeth (called dentine) becomes exposed and is no longer protected by the hard enamel or gums. This means that triggers such as cold and hot drinks can activate nerves, deep inside the tooth.

Dentine can become exposed for a number of reasons. One of the main causes is gum recession which can occur as a result of brushing too hard or gum problems.

## Caring for your sensitive teeth

Sensitive teeth need special care. Your dentist or hygienist will be able to explain the cause of your sensitivity and how best to care for your sensitive teeth. Choose a toothpaste specially designed for sensitive teeth with fluoride protection such as Sensodyne.

## Triggers of sensitivity



# Sensodyne offers a choice of toothpaste variants to suit your needs and help care for your sensitive teeth

## Sensodyne Rapid Relief



Clinically proven relief from sensitivity in just 60 seconds\*

## Sensodyne Sensitivity & Gum



A specialist dual action toothpaste designed for sensitive teeth and gum problems

## Sensodyne Repair & Protect



Clinically proven to repair sensitive areas\*\*

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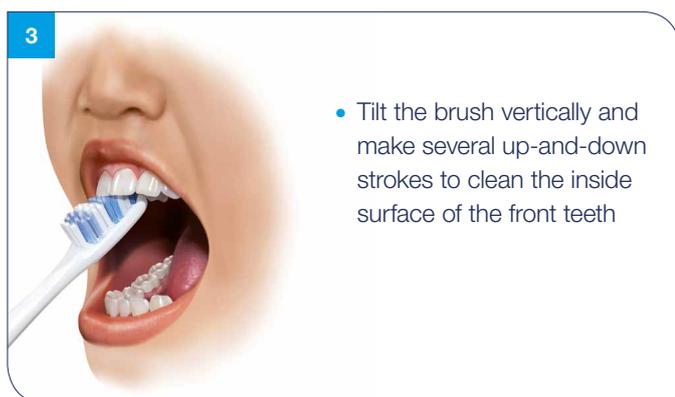
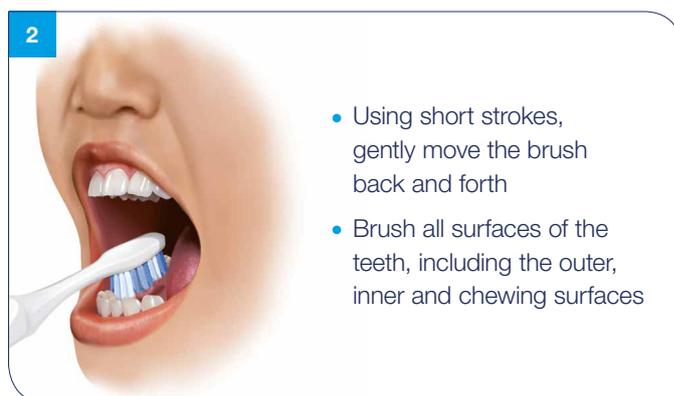
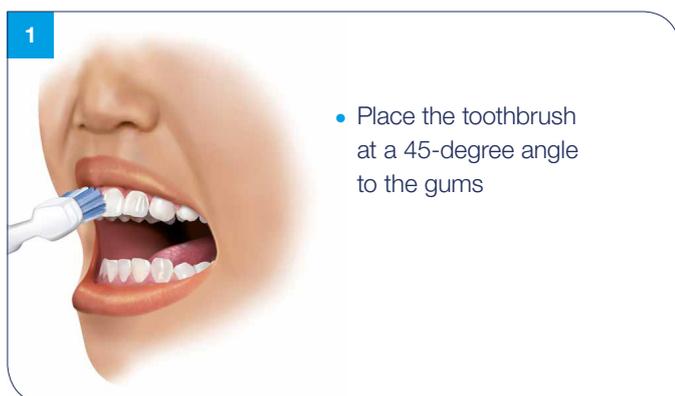
Visit [www.sensodyne.co.uk](http://www.sensodyne.co.uk) for more information

\*with dab on application  
 \*\*forms a protective layer over sensitive areas of the teeth. Brush twice a day for lasting sensitivity protection  
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# Toothbrushing advice<sup>1-5</sup>

- ✓ Brush **twice a day, everyday** with a fluoride toothpaste
  - ✓ Once last thing at night and one other time
- ✓ **Replace your toothbrush** regularly (every 1–3 months)<sup>1</sup>
- ✓ Ask your dentist about the best **brushing technique** for you
- ✓ **Reduce sugary foods** and drinks and don't brush straight after eating

## Here is an example of brushing technique:



Practice stamp:

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**References:**

1. Public Health England, Department of Health Delivering better oral health: an evidence-based toolkit for prevention. 2017
2. <https://www.bda.org/brushing>
3. <https://www.dentalhealth.org/>
4. <https://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth>
5. <https://www.ada.org.au/Your-Dental-Health/Adults-31-64/brushing>