



## Men, Choose the Right Tools for Your Teeth!

With links between gum disease, diabetes, cancer and cardiovascular disease, it has never been more important to take care of your teeth and gums



[www.dentalhealth.ie](http://www.dentalhealth.ie)

[www.malehealth.ie](http://www.malehealth.ie)



Dental Health Foundation  
Ireland



For tips please  
turn over



## Men

Visit your dental team once a year (even if you wear dentures) for a mouth cancer examination and to prevent tooth decay, gum disease and bad breath.

### Tooth Tips

- 😊 Always brush twice a day, at bed time and one other time for 2- 3 mins.
- 😊 Tools for the job:
  - a soft/medium toothbrush
  - fluoride toothpaste (at least 1,000ppm).
  - floss or interdental brushes (ask your dental team for advice on technique).
- 😊 Your toothbrush is not a power tool, hold it like a pen. Brushing too hard can damage your teeth and gums.
- 😊 Brush your tongue to help reduce bad breath.
- 😊 Change your toothbrush when bristles are worn.



### Sports

- 😊 Unflavoured milk and water are the best drinks. Milk will aid muscle recovery after exercise. Avoid high sugar sports drinks.
- 😊 Always wear a mouthguard when playing sports to reduce the risk of dental injuries.




### Diet

- 😊 Choose healthy snacks between meals such as whole fruits. Avoid sweets, chocolate, biscuits and sugary drinks. Dried fruits are high in sugar.
- 😊 Limit fruit juice or fruit smoothies to a small glass once a day, with a meal and always choose unsweetened.
- 😊 Read food labels for sugar content. Less than 5g per 100g is low sugar.



### Smoking and Alcohol

- 😊 Smoking increases your risk of oral and general health problems including: mouth cancer, cardiovascular disease, bad breath, gum disease & stains on teeth.
- 😊 If you smoke, stop. 
- 😊 Your risk of mouth cancer is even greater if you smoke and drink alcohol.
- 😊 The recommended low-risk limit for alcohol intake is 17 units/ week for men (8.5 pints of beer). Have at least 2-3 alcohol-free days.