

# DENTAL HEALTH

The dental service is run by the Aboriginal Health Service. It provides treatment for any Aboriginal person under 18, as well as advice and assistance on dental care for all Aborigines. Call us on 1800 132 260.

**Aboriginal Health Service**  
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## Dental Health



## NEED HELP WITH YOUR SMILE?

Teeth troubles? Want your children to keep their teeth free of decay?



It's your Aboriginal Health Service. Better health and wellbeing for the Aboriginal community in Tasmania.

## Your Teeth Are Worth Saving

Healthy teeth are an important part of our overall health. And a lot more than just our mouth is affected if our teeth are bad. If we can't eat healthy, crunchy food our nutrition suffers; decaying teeth and bad breath can cause embarrassment and stop us smiling and talking to others; and unfortunately, visible teeth problems can make it harder for us to get work. It is even more important for people with diabetes or heart disease to make sure they take care of their teeth and gums.

These days we know a lot more than we used to about how you can keep your teeth in good condition. But there are other things, too, that make caring for our teeth harder than it used to be. The dental vans that used to regularly visit schools no longer do so and therefore our children often miss out on their dental checks. There is so much more fast food and sweet drinks readily available making it harder for us to eat healthy food, and our teeth suffer as much as our weight.

But there is a lot we can do to ensure our children are not faced with the same trouble older people may have experienced with their teeth. And if you have your own teeth there are many things you can do to make sure you keep them.

### Looking After Our Teeth

Our dental program can give you some really good practical advice about how best to care for your own and your children's teeth: how to brush, and how often; what foods to avoid if you want to prevent tooth decay; and what foods and drinks help protect your teeth from decay.

### What Treatment Is Available In Our Dental Van?

We do more than just give information and advice. Our mobile dental van is fitted out with all the equipment needed to do examinations and treatment. We have dental therapists who

can see anyone under the age of 18, and can carry out most dental treatments for children in this age group. The dental van travels around the State, so just ask when it will be in your area and make an appointment.

### Dental Health Promotion

Our dental health promotion worker, who is also a qualified dental assistant, works in the van alongside the dental therapist. The dental health promotion worker can give you lots of suggestions about what you can do to improve your own and your children's teeth. She will also tell you about what services are available under the state government's dental program, and show you how to access them, as well as giving you a few ideas on how you can pay for your dental treatment, if you are a health care card holder.

The dental promotion worker can visit you at home or see you at the health service, or in the dental van. She regularly visits children's groups to show the children how to brush their teeth properly and talk about how important it is for children to look after their teeth. Make an appointment to see just what we have on offer to help your teeth stay strong, healthy and beautiful.