



## Talk about oral health

Talk to your dental practitioner, GP or other care providers for help with your concerns.



## Accessing dental care

- Visit your private dentist or contact your health fund for further information.
- Find a private dentist at: [www.ada.org.au/Find-a-Dentist](http://www.ada.org.au/Find-a-Dentist).
- Free dental care is available in public dental clinics.



More information on oral health & eating disorders

A factsheet by the Australian Dental Association & National Eating Disorders Collaboration: [tinyurl.com/ED-Dental](http://tinyurl.com/ED-Dental) or scan the QR code.

Mental health support services  
Free & confidential

### Butterfly Foundation

- Call 1800 33 46 73
- E-mail [support@thebutterflyfoundation.org.au](mailto:support@thebutterflyfoundation.org.au)

### Kids Helpline (for people aged 5 to 25)

- Call 1800 55 1800
- E-mail [counsellor@kidshelpline.com.au](mailto:counsellor@kidshelpline.com.au)

### Lifeline

- Call 13 11 14
- SMS 0477 13 11 14

### Beyond Blue

Call 1300 22 46 36

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NSW Health



# Eating Disorders & Oral Health



Caring for teeth & gums are important when experiencing an eating disorder



To check your eligibility, please scan the QR code or go to [health.nsw.gov.au/oralhealth/Pages/info-patients.aspx](http://health.nsw.gov.au/oralhealth/Pages/info-patients.aspx)

## What is oral health & why does it matter?

- Oral health is the overall health of your mouth including your teeth, gums & tongue.
- Behaviours associated with an eating disorder, such as restrictive eating and/or vomiting, may affect your oral health.
- Looking after your oral health may improve your quality of life.

## Signs & symptoms of poor oral health

- dry mouth
- sensitive teeth
- swollen or bleeding gums
- tooth wear & chipped teeth
- holes in your teeth (tooth decay)
- sores or ulcers in & around your mouth
- pain or swelling in & around your mouth.

## How can teeth & gum problems be prevented?

Maintain good oral hygiene:

- ✓ Brush your teeth twice a day (use a soft toothbrush & toothpaste with fluoride).
- ✓ Floss your teeth daily.

Should you vomit:

- ✓ Rinse your mouth with water & apply a little fluoride toothpaste to your teeth.
- ✓ Wait at least 1 hour before brushing - stomach acid can soften your teeth, making it easy to wear away.



## Other ways to maintain oral health

- Stay hydrated by drinking tap water – fluoride in tap water strengthens teeth.
- Reduce smoking & alcohol intake as these can cause gum disease, tooth loss & may lead to cancer in the mouth.
- Have regular dental check ups (every 6 to 12 months) to identify problems early & watch for symptoms between visits.

