

Bad teeth and oral health can be associated with:

- Heart infection and stroke.
- Diabetes.
- Poor nutrition and weight problems.
- Infection and being in hospital.
- Mouth pain, discomfort, lack of sleep, and irritability.
- Loss of work, school or family time.

Visit your health centre if you have:

- Bleeding or swollen gums.
- Broken, chipped or missing teeth.
- Pain in your mouth.
- Sensitive teeth with hot or cold drinks.
- Bad breath.
- Loose teeth.
- Teeth that are worn away.
- Lumps in your mouth, neck or face.

Your teeth can now be checked and photographed

You can see what is happening to your teeth and mouth.

Smile!



The nurse or health worker uses a tiny dental camera to take pictures of your teeth to send to the Dental Team on Thursday Island.

It's painless, easy and fast.



What happens after the photo?

The photos are sent to the Dental Team on Thursday Island.

The dentist may want to see you using the video teleconferencing system or may suggest ways you can look after your teeth

If it is a serious problem an appointment on Thursday Island would be organised

3 simple steps to good teeth

- Talk to your nurse or health worker at the health clinic.
- Have your teeth photographed
- Book an appointment to have your teeth checked by the dentist when they come to the health centre



The dental team on Thursday Island

The team is here to help you and we are happy to discuss your oral health needs as part of your overall health and well-being.



*Dental Receptionist:
Olive Yusia
(20 years in dental)*



*Dentist: Dr. Jean Pierre
De Villers*



Our local dental assistants: Sinitta Sabatino (10 years in dental) and Enid Ketchell (5 years in dental)

Keep your family's teeth healthy

- Drink plenty of water.
- Eat less sugar.
- Choose healthy food like cheese, vegetables and fruits.
- Wear a mouthguard when playing sport.
- Brush your teeth twice a day with toothpaste.
- Floss and clean in between your teeth every day.
- Attend the health clinic regularly for a check-up.
- Don't smoke.
- See the dentist when they come to the health centre.



Ask your local nurse or health worker to
check your teeth



**Healthy mouth
Healthy life
Healthy family**

**Torres and Cape
Hospital and Health Service**