



David Fairlamb THE FIT FACTOR

FITNESS TIP

Add a push and a pull exercise to your strength routine this will help promote muscle balance.

LIFESTYLE CHANGE

You spend time working on your body to stay healthy, make sure you do the same with your teeth, rushing through your brushing day after day may have a negative impact particularly on your gums. Take your time and be thorough.

Don't miss David's tips every Saturday in your Journal

A STAGGERING figure of over 100 children a day are having rotten teeth removed because of decay that is preventable.

NHS data which was confirmed by the British Dental Association showed that children aged five or under accounted for 14,545 tooth extractions in 2017/18 in England, with a massive nine out of 10 being for tooth decay.

Decay is not just confined to young children - extraction is the most common hospital procedure among 6-10 year olds in England.

Over 38,000 procedures were carried out to remove decaying teeth of children up to the age of 19 costing £36.2m and, to make things worse, 42% of children do NOT see a dentist.

The figures showed a distinct regional variation with children in parts of Yorkshire and the North West up to five times more likely to undergo extractions compared to the

national average showing a clear split in oral health between the richer and poorer areas.

Wales and Scotland have national programmes but England has yet to commit to any such programme. Figures show a pound spent on prevention can pull £3 back in savings on treatment.

Once again we come back to healthier habits and changes in lifestyle as the main solution to vastly reducing these horrendous figures.

Using fluoride toothpastes, regular visits to the dentist

and of course reducing refined sugar are the three main areas to focus upon.

Tooth decay continues to be a significant public health issue and can have a major impact on a child's physical and mental health plus as they get older can impact on their quality of life.

Make some changes now could have a real positive effect as your children get older:

1 - Replace all sugary pop. I have seen children's top teeth totally decayed due to the amount of fizzy sugary drinks regularly hitting their teeth as they drink.

2 - Brush twice daily with fluoride toothpaste specific to child's age

3 - Drink water, be aware child marketed fruit juice, ie fruit shoots, are not sugar free

4 - Only water after tooth-brushing at night.

5 - Be aware that dried fruits, ie raisins, are full of sugar and stick in teeth.

Long term consistency trumps short term intensity

Motivational quote of the day



> The state of children's teeth is a national concern - and there is much more that we can do