

In Germany, why do I need to take care of my oral health?

Oral health might seem a marginal issue to you compared to other challenges you are facing. Maybe you are still not sure about your legal status, and if you can stay in Germany or not!

But: health always matters!



What you need to know about oral health care in Germany:

- When you are still applying for asylum only emergency treatment is covered and limited to tooth extraction and other simple measures even with AOK card.
- Children up to 18 are eligible to oral health prevention and treatment.
- When you are granted asylum, you are eligible to the same treatment as everybody in Germany.
- Be aware that prosthetic and tooth replacement treatments are considered luxurious and not covered by health insurance, but the fee is lower if you see a dentist for prevention twice a year.
- It might put you and your family in a financial burden in the future if you ignore prevention and simple treatment now.

Taking care of your and your family's oral health is critical.

REFUGIUM – Refugee Health

This flyer is part of the REFUGIUM health awareness project for refugees by HAW Hamburg Department of Health Sciences.

The knowledge provided here will help you and your family to maintain and regain health in Germany.

Learn with REFUGIUM about

- Health care in Germany
- Mental health in Germany
- Hygiene in Germany
- Oral health in Germany
- Physical activity in Germany
- Nutrition in Germany

We Care for You and We Care for Your Health!



**REFUGEES
WELCOME**



Verlag **Barbara Budrich** Publishers

HAW Hamburg
Fakultät Life Sciences
Department Gesundheitswissenschaften

Prof. Dr. Christine Färber
Ulmenliet 20 · 21033 Hamburg

Autor: Dr. Omar Aboelyazeid

Zeichnungen: Natalia Yaremenko

Dieses Faltblatt ist erhältlich in 8 Sprachen:

Deutsch, Englisch, Albanisch, Arabisch, Bulgarisch, Dari/Farsi, Russisch, Türkisch.



Hochschule für Angewandte Wissenschaften Hamburg
Hamburg University of Applied Sciences



REFUGIUM
Flucht und Gesundheit

Oral Health
Mundgesundheit

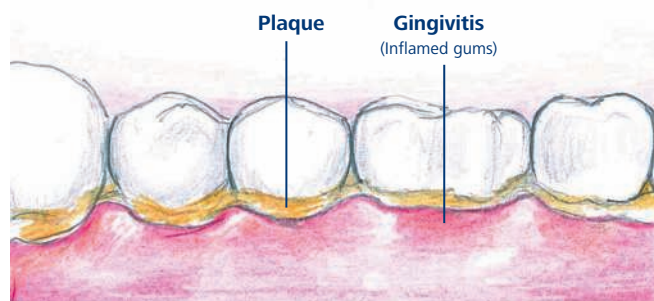
Protect Your Teeth from ...

Dental caries leads to tooth decay, severe pain, serious infections and teeth loss.

Gum disease leads to tooth loss, diabetes, heart disease, problems in pregnancy (premature birth), and bad odour.

Tooth Decay and Gum Disease! Why do they happen?

Plaque is the main cause of dental caries and gum diseases. Food debris and bacteria in our mouth form dental plaque on the tooth surface and around the gumline.

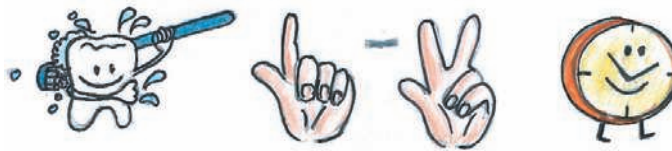


Stay Healthy

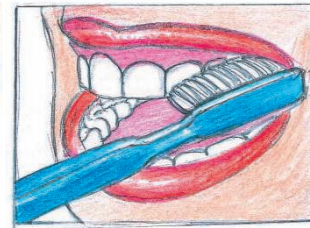
- Brush your teeth
- Take care of your gums
- Choose a healthy diet
- Do not smoke

Teeth Brushing Steps

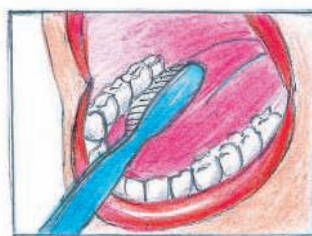
Brush your teeth 2-3 times daily for 2-3 minutes each time



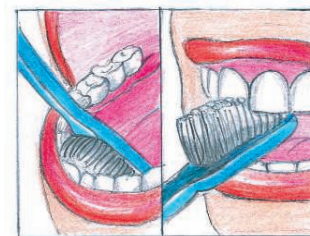
Place your brush at a 45° angle on both tooth surface and gum along the gumline



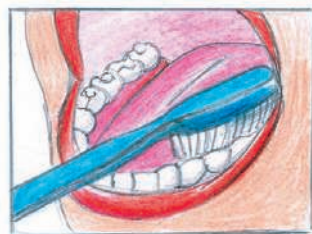
Gently brush the outer surface of the teeth using a vibrating back, forth and rolling motion



For the inner surfaces, maintain the 45° with the brush contacting the tooth surface and gumline. Use the same back, forth and rolling motion.



Tilt the brush vertically behind the front teeth. Make up and down motion using the front half of the brush.



Clean the biting surfaces with the brush placed against them. Use gentle scrubbing back and forth motion. Repeat the same procedure to clean the tongue from back to front.

For Healthy Teeth

- Use toothpaste with fluoride.
- Your toothbrush is for your personal use only. Do not let anyone share it.
- Exchange your toothbrush every 3 months.
- For children, use a small amount of fluoridated toothpaste: up to 3 years: size of a grain of rice, 3-6 years, pea-size.

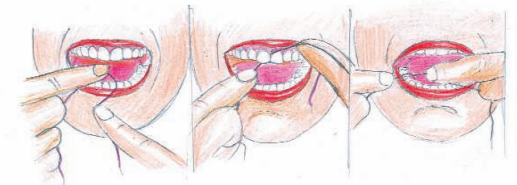


Inflamed Gums?

- Use soft toothbrush.
- Massage gums gently with your toothbrush – do not panic if it is bleeding.
- Rinse your mouth with mouthwash or with a glass of warm water and a teaspoon of salt dissolved, 3-5 x day for 5 days to decrease inflammation.

For Healthy Teeth and Gums

- **Drink** water, milk and unsweetened tea (1,5-3 liters/day). Avoid sweetened drinks, sodas, energy drinks or juices between meals.
- **Eat** a variety of foods; vegetables, fruits, meat, bread, cereals, dairy products. Avoid snacks like sweets. Do not snack them between meals.
- **Floss** 1x a day for healthy teeth and gums.



- **Smoking** causes gum disease, staining, bad odor and can result in tooth loss and cancer.