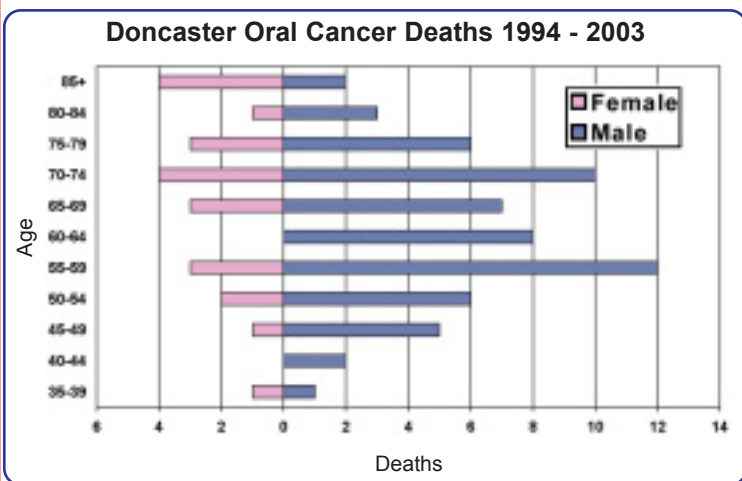


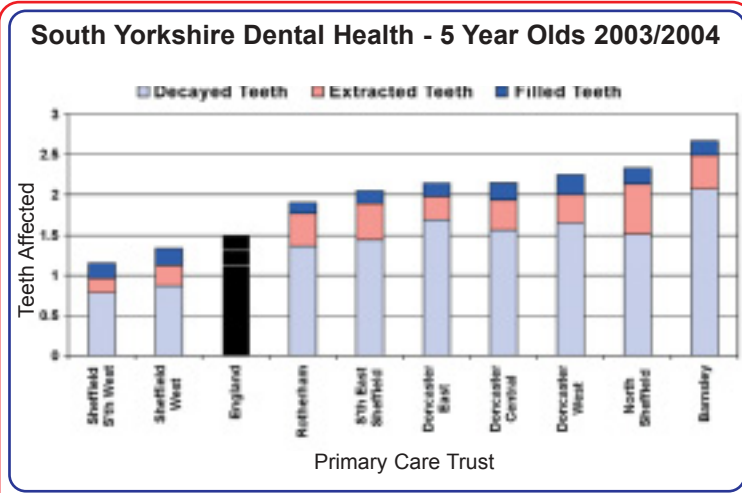
# LOOK AFTER YOUR TEETH AND THEY WILL LAST A LIFETIME

Every year in the England and Wales there are over 1,300 deaths from mouth or oral cancer; in 2003 there were an average of 25 deaths per week. Mouth cancer is not common; in a ten-year period (1994-2003) there were 84 deaths in Doncaster



In the early stages mouth cancer is often symptomless. It is important to visit your dentist regularly for check-ups; they are trained to spot health problems, including mouth cancer. If the mouth cancer is diagnosed early it can respond well to treatment.

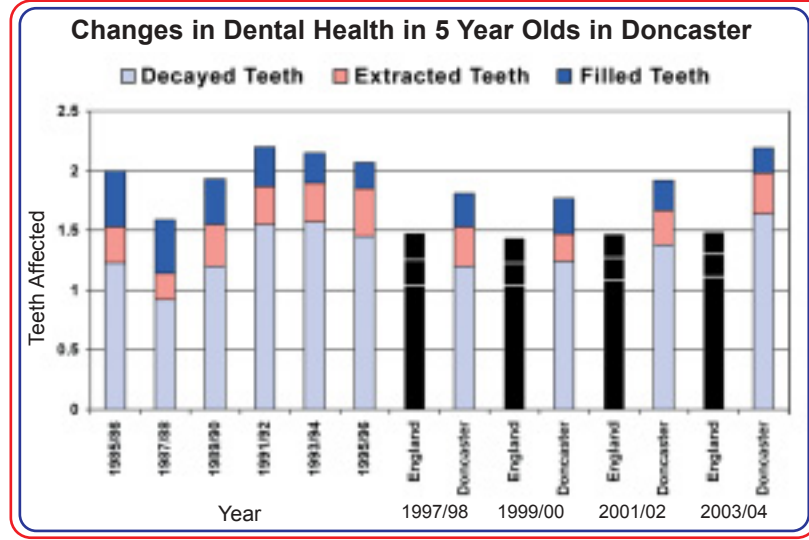
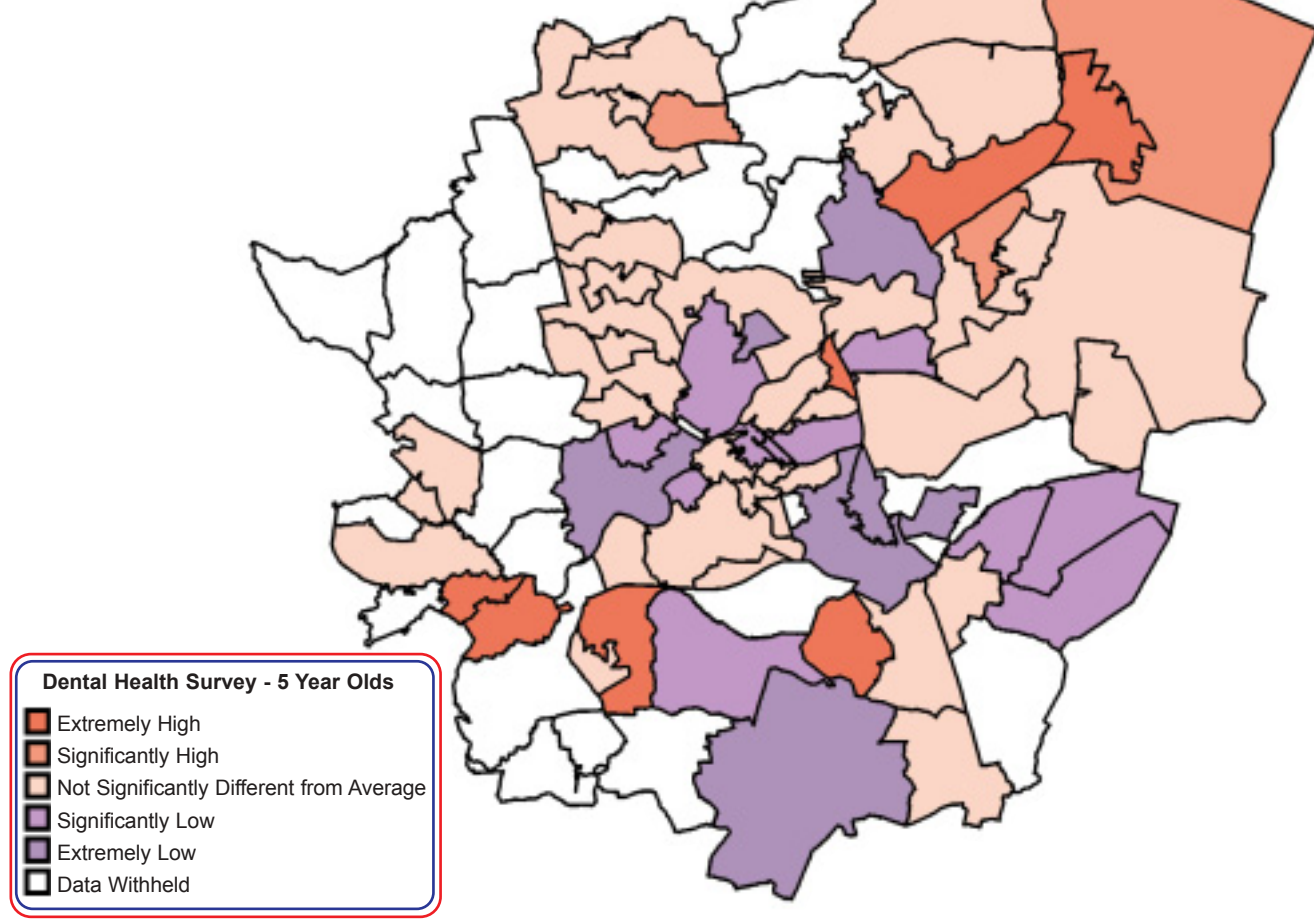
Every time you eat something sugary your teeth are under an acid attack for up to an hour. If you have too many sugary snacks, teeth cannot fight off the acid attacks, and tooth decay occurs.



This chart shows 2003/4 dental health survey data for 5 year olds across South Yorkshire Primary Care Trusts

In 2001/2 a study took place in Doncaster schools looking at dental health in 5 year olds. The red areas on the map show higher levels of decayed, missing or filled teeth compared to the Doncaster average, and the darker purple lower levels than average.

The map shows Doncaster split into 88 communities, so that we can look at health indicators in smaller areas in order to see differences across the borough. You can find out more about the health of Doncaster people at our communities website: [www.doncasterhealth.co.uk/phiu/](http://www.doncasterhealth.co.uk/phiu/)



The dental health of five year olds in Doncaster is poor; it has hardly improved over the last ten years. For teeth to last a lifetime, they need twice daily brushing, few sugary snacks and plenty of water or milk to drink.

**For information about local Dentists contact 'Health Focus'**  
**Telephone 01302 768550, email: [health.focus@doncastercentralpct.nhs.uk](mailto:health.focus@doncastercentralpct.nhs.uk)**