

## 4 Glossary of Terms

Abfractions	(Or stress lesions) a consequence of eccentric forces on the natural dentition
Abrasion	External agents, such as toothbrush bristles and dietary factors, which have an abrasive effect on the teeth.
Attrition	A process in which tooth tissue is removed as a result of opposing tooth surfaces contacting function or parafunction.
Cardiovascular disease	A disease of the heart or blood vessels
Craniofacial	Pertaining to the head and face
Casein	The predominant phosphoprotein found in fresh milk and also in cheese
Dental caries	Tooth decay
Dentition	The development of teeth and their arrangement in the mouth
Early childhood caries (ECC)	Dental decay of the primary teeth of infants and young children often characterised by rapid destruction of the upper and lower incisors (front teeth)
Extrinsic sugars	Sugars that are usually added to foods and beverages
Fluoride	A compound of the element fluorine (F), the 13 <sup>th</sup> most abundant element in nature: used in a variety of ways to reduce dental decay
Gingivitis	An inflammatory condition of the gum tissue, which can appear reddened and swollen and frequently bleeds easily
Hepatic	Refers to the liver
Intrinsic sugars	Are those naturally present in fruit and vegetables
Morbidity	The rate of incidence of a disease
Mortality	Death rate
Orthopaedic	Pertaining to injuries or disorders of the skeletal system and associated muscles, joints, and ligaments
Periodontal disease	A cluster of diseases caused by bacterial infections and resulting in inflammatory responses and chronic destruction of the soft tissues and bone that support the teeth
Periodontitis	Disease of the gum or bone
Plaque	A sticky bacterial film that coats the teeth
Predisposition	The state of being susceptible; easily affected
Professional advice	Advice given by registered dental providers including dentists, dental specialists, dental therapists, dental hygienists and dental prosthetists
Sealant	Plastic coatings, which bond to the biting surface of the back teeth, providing protection from dental decay
Sjögren's Syndrome	A chronic, inflammatory, autoimmune disorder characterised by dry mouth (xerostomia) and dry eye (keratoconjunctivitis sicca)
Sorbitol	A naturally occurring sweetener found primarily in fruits and berries
Sucrose	A crystalline disaccharide of fructose and glucose found in many plants but extracted as ordinary sugar mainly from sugar cane and sugar beets, widely used as a sweetener or preservative
Xerostomia	A condition in which the mouth is dry because of a lack of saliva
Xylitol	Pure xylitol is a white crystalline substance that looks and tastes like sugar

## 5 Further information

Australian Dental Association	<a href="http://www.ada.org.au">http://www.ada.org.au</a>
Australian Dental Association (NSW)	<a href="http://www.adansw.com.au/">http://www.adansw.com.au/</a>
Australian Institute of Health and Welfare Dental Statistics and Research Unit	<a href="http://www.adelaide.edu.au/spdent/dsru/">http://www.adelaide.edu.au/spdent/dsru/</a>
Australian Research Centre for Population Oral Health	<a href="http://www.arcpoh.adelaide.edu.au/">http://www.arcpoh.adelaide.edu.au/</a>
Australia's National Oral Health Plan 2004- 2013: healthy mouths healthy lives	<a href="http://www.health.vic.gov.au/dentistry/downloads/oralhealth.pdf">http://www.health.vic.gov.au/dentistry/downloads/oralhealth.pdf</a>
Centre for Oral Health Strategy NSW	<a href="http://internal.health.nsw.gov.au/public-health/ohb/">http://internal.health.nsw.gov.au/public-health/ohb/</a>
The Cochrane Library	<a href="http://www3.interscience.wiley.com/cgi-bin/mrwhome/106568753/HOME">http://www3.interscience.wiley.com/cgi-bin/mrwhome/106568753/HOME</a>
Dietary Guidelines for Children and Adolescents in Australia	<a href="http://www.nhmrc.gov.au/publications/synopses/dietsyn.htm">http://www.nhmrc.gov.au/publications/synopses/dietsyn.htm</a>
Fluoride and water fluoridation	<a href="http://www.fluoridenow.com.au/">http://www.fluoridenow.com.au/</a>
Health Insite	<a href="http://www.healthinsite.gov.au/topics/Dental_Health_for_Children">http://www.healthinsite.gov.au/topics/Dental_Health_for_Children</a>
National Center for Chronic Disease Prevention and Health Promotion	<a href="http://www.cdc.gov/OralHealth/">http://www.cdc.gov/OralHealth/</a>
National Health and Medical Research Council	<a href="http://www.nhmrc.gov.au/">http://www.nhmrc.gov.au/</a>
National Institute for Health and Clinical Excellence (UK)	<a href="http://www.nice.org.uk/">http://www.nice.org.uk/</a>
World Health Organisation	<a href="http://www.who.int/healthpromotion/en/">http://www.who.int/healthpromotion/en/</a>

# 6 Appendices

## Appendix A - Key stakeholders

### NSW Oral Health Messages Working Group

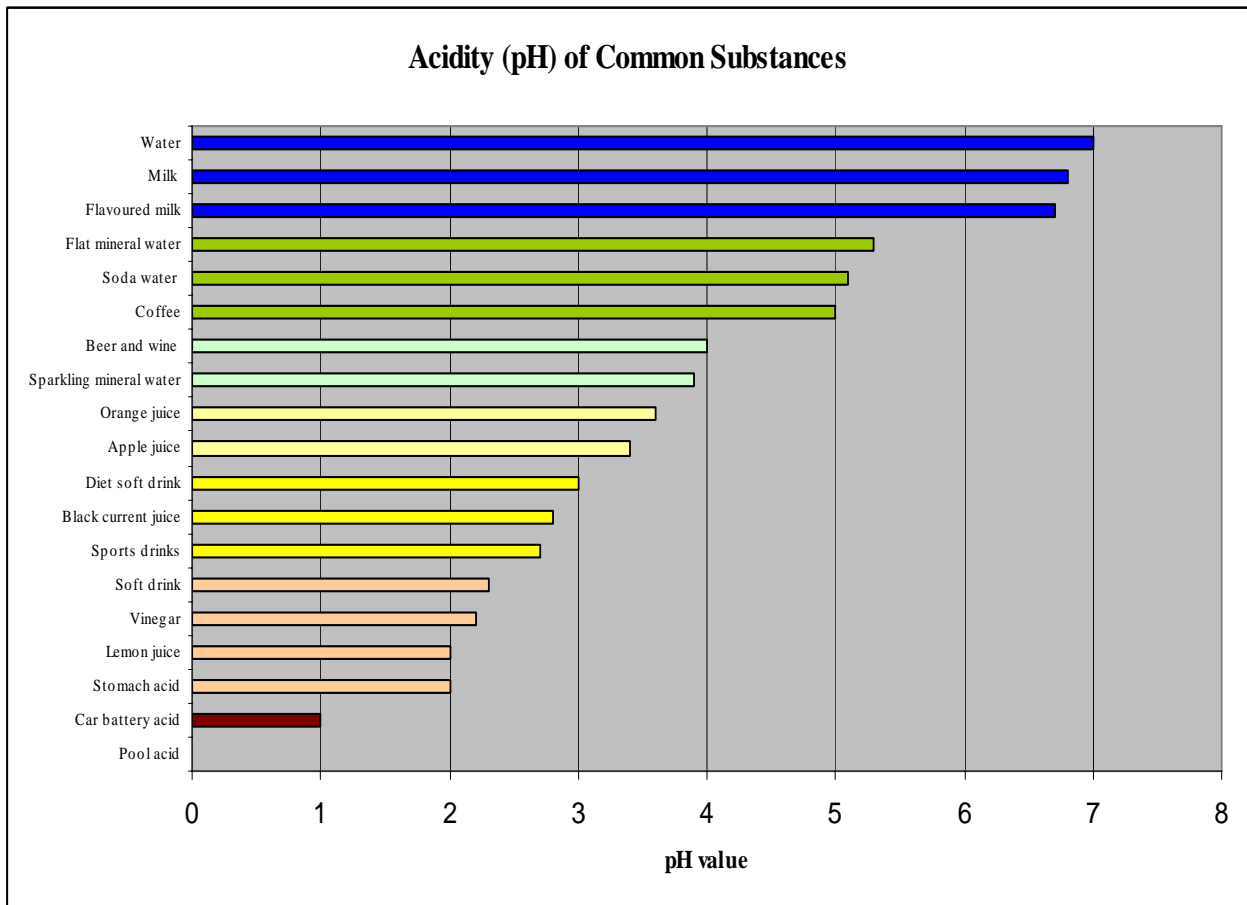
Dr Sally Clark	Senior Dental Officer, Sydney South West Area Health Service
Mr John Irving	Project Manager Oral Health, North Coast Area Health Service
Ms Jennifer Noller (Chair)	NSW Oral Health Promotion Coordinator, Centre for Oral Health Strategy NSW
Ms Georgette Roumanos	Administration Officer, Centre for Oral Health Strategy NSW
Mr Bernard Rupasinghe	Policy Analyst, Australian Dental Association (NSW Branch)
Ms Lenore Tuckerman	Professional Relations Consultant, Colgate Oral Care

### NSW Oral Health Promotion Network

Ms Linda Barlow	Dental Therapist, Greater Western Area Health Service
Ms Michelle Bonner	Senior Policy Officer, The Council of Social Services of NSW (NCOSS)
Dr Sally Clark	Senior Dental Officer Wingecarribee Health Service, Sydney South West Area Health Service
Dr Peter Dennison	Director, Bachelor of Oral Health, Faculty of Dentistry, The University of Sydney
Ms Lisa Fitzgerald	Program Manager Oral Health Service, Hunter/New England Area Health Service
Ms Jonine Gilmour	Senior Dental Therapist, Justice Health
Ms Leonie Green	Oral Health Promotion Coordinator, South Eastern Sydney/Illawarra Area Health Service
Mr John Irving	Project Manager Oral Health, North Coast Area Health Service
Ms Jennifer James	Oral Health Promotion Officer, Bathurst Child Dental Clinic, Greater Western Area Health Service
Ms Bronwyn Johnson	Coordinator, Oral Health Promotion, Sydney West Area Health Service
Ms Debbie Lee	Oral Health Promotion Coordinator, South Eastern Sydney/Illawarra Area Health Service
Ms Helen Lee	Area Dental Program Coordinator, Northern Rivers, North Coast Area Health Service
Ms Leanne Martin	Service Manager, Oral Health Services, Hunter New England Area Health Service
Ms Angela Masoe	Oral Health Programs Officer, Greater Southern Area Health Service
Ms Jennifer Noller (Chair)	NSW Oral Health Promotion Coordinator, Centre for Oral Health Strategy NSW
Ms Claire Phelan	A/Senior Policy Analyst Oral Health Programs, Centre for Oral Health Strategy NSW
Mr Bernard Rupasinghe	Policy Analyst, Australian Dental Association (NSW Branch)
Ms Georgette Roumanos	Administration Officer, Centre for Oral Health Strategy NSW
Ms Lindy Sank	Dietician, Sydney Dental Hospital
Ms Karen Sleishman	Dental Therapist, Hunter New England Area Health Service
Ms Lenore Tuckerman	Professional Relations Consultant, Colgate Oral Care
Ms Janet Wallace	Senior Dental Therapist/Oral Health Educator, Central Coast Child Dental Services, Northern Sydney/Central Coast Area Health Service
Ms Linda Wallace	Oral Health Promotion Educator, Hunter/ New England Area Health Service
Ms Marie Wilson	Statewide Aboriginal Oral Health Manager, Centre for Oral Health Strategy NSW
Ms Grace Wong	Senior Dental Therapist, Willoughby Child Dental Clinic, Northern Sydney/Central Coast Area Health Service
Dr Clive Wright	Chief Dental Officer, Centre for Oral Health Strategy NSW

## Appendix B – Acidity (pH) level of common substances

Figure 1: Acidity (pH) of Common Substances



**More acidic** ← **pH** → **Less acidic**  
(the **smaller** the pH the stronger the acid)