



How do I access dental care?

- Visit your private dentist or contact your health fund
Find a dentist: <https://www.ada.org.au/Find-a-Dentist>
- Contact your local public dental clinic to see if you are eligible



What do I need to discuss with my health care provider and dentist?

- Tell them about any oral health problems
- Inform them about any heart problems and any other health conditions
- Inform them about any treatments or procedures your health care provider or dentist has suggested
- Tell them about any medicines you are taking

Speak to both your health care provider and dentist for information about the effects of your medicines



| NSW Public Dental Clinic Contact Centres | Phone Number |
|--|----------------|
| Sydney | (02) 9293 3333 |
| South Western Sydney | (02) 9293 3333 |
| South Eastern Sydney | 1300 134 226 |
| Illawarra Shoalhaven | 1300 369 651 |
| Northern NSW, Mid North Coast and Hunter New England | 1300 651 625 |
| Central Coast | 1300 789 404 |
| Northern Sydney | 1300 732 503 |
| Murrumbidgee | 1800 450 046 |
| Southern NSW | 1800 450 046 |
| Western Sydney | (02) 8890 6766 |
| Nepean Blue Mountains | 1300 769 221 |
| Far West | (02) 6809 8622 |
| Western NSW | 1300 552 626 |

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Heart Disease & Oral Health



Taking care of gums and teeth is important for managing heart disease



There is a link between gum disease and heart disease

Bacteria in the mouth can block blood vessels and increase the risk of heart attacks.

Some medicines may also increase the risk of having gum disease.

Signs of gum disease

- Red, swollen or bleeding gums
- Loose teeth
- Gums that are loose and pull away from teeth
- Bad breath
- Sensitive or sore teeth
- Loss of taste

What can I do to prevent gum disease?

- Brush your teeth two times a day
- Use a toothbrush and fluoride toothpaste
- Clean between your teeth using floss or an interdental brush
- If you wear dentures, clean them daily
- Visit your dentist at least once per year or as advised by your health care provider

What are my healthy choices?

- Eat regular meals
- Eat the recommended amount of fruit and vegetables
- Limit foods and drinks high in added sugars, saturated fats and salt
- Choose water as your everyday drink
- If you choose to drink alcohol, limit intake and talk to your health care provider
- Do not smoke - if you do, try to quit. Call Quitline 137848 for support
- Keep physically active

Everyone's needs are different so please see your doctor/dietitian for advice



Did you know?

Some heart medicines can cause:

- Dry mouth
- Fungal infections
- Thickening of gums

This can lead to gum disease

