



HOW KEEGAN GRABBED CONTROL

THE OFFICIAL GUIDE FOR YOU TO TAKE CONTROL OF YOUR TEETH

KEY MESSAGES

Every child, young person or care experienced adult should regularly visit a dentist.

Also, unlike doctors you don't need to go to a dentist near to where you live. You can go to any dentist you choose. It could be near your home, or school. It could be a dentist that a friend's says are really good.

WHAT TO DO

Put your post code into the NHS choices website:

<http://bit.ly/NHSDentist>

Find the telephone number and give the dentist a call to arrange a check up appointment.

REMEMBER

It's free to register at a Dentist!

Make sure that you attend your appointment- you should be seen by your dentist at least once a year

Register as a permanent patient so your previous health records are transferred from your previous dentist

Ask to see the same Dentist so you don't have to share your health history every time you go

Make some notes of things you want to discuss

Don't be afraid to ask questions about things you find unclear.

Watch out for hidden sugars especially in energy drinks! Munching foods and drinks high in sugar causes your teeth to decay.

GRAB CONTROL : GRAB RESPECT : GRAB YOUR DENTIST

