National Smile Month

The UK’s largest and longest-running oral health campaign by the British Dental Health Foundation

18th May – 18th June 2015

The British Dental Association Library – Helping dentists involve their patients in their own dental health
National Smile Month promotes *three key messages*, all of which go a long way to develop and maintain a healthy mouth.

1. Brush your teeth last thing at night and on at least one other occasion with a fluoride toothpaste.
2. Cut down on how often you have sugary foods and drinks.
3. Visit your dentist regularly, as often as they recommend.

http://www.nationalsmilemonth.org/about-smile-month/
1. Brush your teeth last thing at night and on at least one other occasion with a fluoride toothpaste.
Resources on Brushing Teeth, Toothbrushes, Toothpaste & Fluoride

- The Benefits of Fluoride: Nature's Cavity Fighter - P 4481
- Dental Health Education Package
- Dental Hygiene: Theory and Practice (3rd Ed) - D 820 DAR
- Dentifrices, Fluoride Package
- Floss Package
- Fluoride in Dentistry (2nd Ed) - D 635 EKS
- Fluoride - the Facts - A 521
- Fluoride Toothpaste - Advice for Patients - A 349
- The Fluoride Wars: How a Modest Public Health Measure Became America's Longest-Running Political Melodrama - D 636 FRE
- The Miswak (Chewing Stick) and Oral Health - D 930 ALO
- Mouthwashes Package
- Oral Hygiene Package
- Toothbrushes Package
- Toothbrushes, Electric Package
- Toothpaste Technique
- Studies on Fluoride Delivery and Caries Prevention - D 822 SJO
- Toothpastes - D 822 VAN
2. Cut down on how often you have sugary foods and drinks.
Resources on Sugary Food & Drinks and How to Help Your Patients Cut Down

- The ABC of Healthy Eating for Babies & Toddlers - A Busy Parents Guide - QU 145 MAR
- Cakes from the Tooth Fairy: How to Bake Delicious Treats that are Kinder to your Teeth - QU 145 SIM
- Cure Tooth Decay: Heal and Prevent Cavities with Nutrition (2nd Edition) - D 850 NAG
- Diet and Nutrition Package
- Diet and Nutrition in Oral Health (2nd Ed) - D 850 PAL
- Diet, Nutrition and Dentistry - D 850 RAN
- The Food Our Children Eat - QU 145 BLY
- Nutrition and Dental Health - D 850 RUG
- Nutrition and Oral Medicine - D 850 TOU
- Nutrition, Diet and Oral Health - D 850 RUG
- Sugar Off!: A Practical Guide to Sugar-Free Living - D 850 COO
- Sugarless: The Way Forward - D 850 RUG
- Sweetening Agents Package
3. Visit your dentist regularly, as often as they recommend.
Resources on How to Encourage Patients to Visit the Dentist Regularly

- 1001 Ways To Get More Customers (Internet Marketing Essentials) - Z 1 CAR
- 201 Secrets of a High Performance Dental Practice - D 989 LEV
- Advertising & Marketing Package
- Building the Happiness-Centred Business (2nd Ed) - D 980 LUN
- The Business Coaching Handbook: Everything you Need to be Your Own Business Coach - Z 1 MAR
- Delivering Knock Your Socks Off Service (4th Ed) - Z 1 DEL
- Dental Marketing: 20 Things Every Dentist Should Know About Dental Marketing - D 989 BAI
- Managing a Dental Practice - The Genghis Khan Way - D 980 YOU
- Profitable Social Media Marketing – How to Grow your Business using Facebook, Twitter, Google+, Link - Z 1 KIT
- Secrets To Creating A Prosperous Dental Practice: The Mindset, Business, and People To Get You To Your Dream Practice (Everything You Didn't Learn In Dental School) - D 980 BRA
- The Ultimate Guide To Internet Marketing For Dentists: All You Need To Know To Effectively Market Your Dental Practice Online - D 980 PIS
- Web and Social Media Package
How Can You and Your Practice Get Involved With National Smile Month?

- You can register online with Nation Smile Month here: [http://www.nationalsmilemonth.org/register/](http://www.nationalsmilemonth.org/register/)

- You will receive a free National Smile Month 2015 registration pack, which includes:
  - Ultimate Guide to National Smile Month
  - National Smile Month Resource Catalogue
  - A Smiley, our brand new Smiley Straw, a campaign badge and Top Tips for Teeth z-card
  - Fundraising information
  - Games and competitions
  - On-going campaign information and latest news
  - The National Smile Month Digital Magazine

- Find out about National Smile Month events you could organise or get involved in at the Events Hub: [http://www.nationalsmilemonth.org/events-hub/](http://www.nationalsmilemonth.org/events-hub/)
  From the Smileathon to Expert Talks there is something for everyone.
Library Resources Available for all BDA Members

As a member of the British Dental Association you have access to a wide variety of resources from the library:

- **Postal loans**, we can post out books to you anywhere in the UK. You can borrow up to eight items for periods of 4 weeks
  - Items available to borrow include books, article packages, DVDs, CDs and pamphlets
- A growing collection of **eBooks** available to read online or to download – you will need a password which we can set up for you
- **Literature searches** can be requested where Medline, Cochrane and general internet searches will be compiled on topics of your choice.
- If you require full text access to articles we also provide a **photocopy request service** where articles can be emailed or posted to you for a small charge. A Photocopy Request form will have to be filled in, but this can be done on your computer and email back to us.

More information can be found online, and if you have any questions you can either call or email the library.

https://www.bda.org/library/  0207 563 4545  library@bda.org