

MURCIA'S REGIONAL CHILDREN'S ORAL AND DENTAL HEALTH PROGRAMME

The Murcia's Regional Ministry of Health and Consumer Affairs and the Murcia's Official Dental Association recommend that you take your children to a dentist within the Regional Children's Oral and Dental Health Programme at least once a year - even if their teeth and mouth seem perfectly healthy.

In order to participate in the Programme, it is absolutely necessary to have a **health card** issued by the **Region of Murcia's Health Service**.

The Programme is free of charge and includes a number of preventive measures and treatments on definitive teeth.

The Programme is available for children **6 to 8 years old**.

If you are interested in entering the programme, you must take the following steps:

- 1- Make an appointment with the dentist that they visited the previous year. Those children entering the Programme for the first time (6-year-olds) have to choose a dentist from a list which is previously sent to them by ordinary mail. They could also visit the website www.murciasalud.es/saludbucodental or go to their corresponding healthcare facility.
- 2- Bring your health card to the dentist's.

Treatments available include:

1-Preventive measures

- Oral checkup.
- Information on oral care and hygiene.
- Local application of fluorine.
- Cavity and fissure sealing in permanent premolars and molars, at the dentist's discretion.
- Mouth cleaning: removal of plaque, tartar and stains from teeth to prevent dental diseases.

2-Oral treatments:

- Fillings in definitive teeth: involves removal of decayed tissue, disinfection and restoration of the tooth by using different tooth-restoring materials.
- Extraction of both definitive and temporary teeth.
- Reconstruction: rebuilding of teeth damaged by trauma or dental pathology by using different tooth-restoring materials.
- Endodontic therapy: treatment for the pulp of a tooth and its associated tissues (internal tissues of the teeth) intended to end pain or infection.
- Orthopantomography: panoramic radiography depicting all oral structures. It is obtained through a specific device called orthopantomograph.

ORTHODONTIC treatments are not provided by the Programme.

SOME ADVICE to prevent tooth decay and gum disease:

- Brush teeth with a fluorinated toothpaste after every meal.
- Follow a healthy and balanced diet. Avoid sugary foods and factory-produced baked goods.

- Go to the dentist regularly.