

## HEALTH AND WELLBEING DVD CREATED FOR SPECIAL CARE PATIENTS

A DVD called 'Healthy Life and a Healthy Smile' has been produced by NHS Fife Community Dental Service, Event and Media Solutions and Fife Social Work Service. It is designed to help people with learning disabilities and their carers have a more positive experience with healthy life choices and to promote good oral health practices.

The DVD contains two short films; the first shows a day in the life of somebody with a learning disability and the healthy choices he makes in his day. It highlights the areas of diet, personal hygiene, physical activity and social interaction. The second film is designed to show how to help somebody brush their teeth.

'We will be distributing the DVD to all Fife Council group homes and day centres to promote healthy living,' said John Wilson of Event and



Media Solutions, Social Work Service.

'Having a healthy mouth is so important to people's health and sense of wellbeing,' said Jonathan Kallow, Specialist in Special Care Dentistry from Fife Community Dental Service.

The DVD also has some Healthy Living advice booklets in an easy-to-read format to communicate the message about choices and wellbeing.

## SHARKS CAUSE TOOTH EROSION

According to a study reported in the news pages of the journal *Nature*, one type of killer whale, or orca, has been found to dine on shark and as a result their teeth become worn right down to the gums.

'Offshore' killer whales were first identified in the late 1980s. Finding out what they preferred to eat presented a challenge for researchers as they feed at depths of hundreds of metres. The fact that they were feeding was given away by the blobs of pink meat that floated to the surface. Genetic testing of this meat confirmed that they

were the remains of at least 16 Pacific sleeper sharks.

Examination of dead stranded orcas and museum specimens showed that the average offshore orca has worn its teeth right down, exposing their pulpy centres – a giveaway on their abrasive choice of food.

'It may be that the young whales have to do most of the work. The older ones are probably just gumming away at the liver,' commented Ford, the author of the study.

The original study is at: [www.int-res.com/abstracts/ab/v11/n3/p213-224/](http://www.int-res.com/abstracts/ab/v11/n3/p213-224/)

