

OLDER ADULTS & ORAL HEALTH



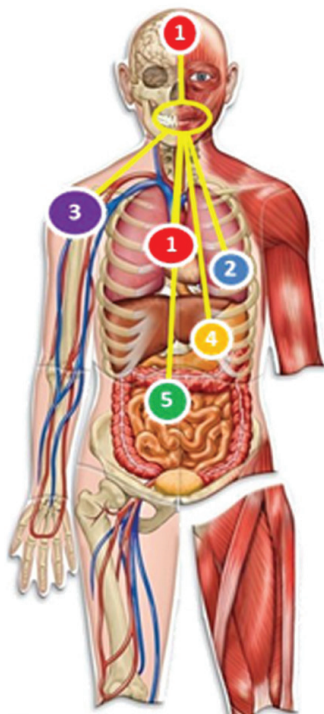
DID YOU KNOW?

- The mouth IS part of the body!
- Diabetes can make a person twice as likely to develop gum disease.
- Bleeding gums indicates a problem. Healthy gums do not bleed from brushing.

Oral Health is linked to Overall Health

The health of your mouth is linked to:

1. Heart Disease & Stroke
2. Respiratory Disease
3. Arthritis
4. Diabetes
5. Gastrointestinal Disease



Dry Mouth?

- Medications can cause dry mouth resulting in discomfort, cavities, difficulty eating, and problems with dentures.
- For relief, try: sipping on water, saliva substitutes, oral lubricating gels, sugar free or xylitol sweetened mints and gums.
- If you have a dry mouth, contact a dental professional.
- Limit beverages high in sugar.

Older adults are at greater risk for dental problems because of:

- Problems with access to care.
- Dry mouth from multiple medications.
- Exposed roots from gum recession which can decay faster.
- Difficulty cleaning teeth.

You can prevent dental disease and discomfort by taking care of your mouth, getting check-ups, and seeing an oral health professional regularly.



SCHEDULE REGULAR DENTAL CHECK-UPS

If you have teeth:

- Brush natural teeth twice a day; after breakfast and before bedtime.
- Use a soft toothbrush with fluoride toothpaste.
- Use an electric toothbrush and rinse with fluoride mouth rinse after brushing
- Clean between teeth with floss or a product recommended to remove plaque and food debris.
- Visit the dentist regularly.
- Healthy gums should not bleed when brushing.

If you have dentures or partial dentures:

- Clean dentures or partial dentures daily.
- Dentures or partial dentures must be removed from the mouth before cleaning.
- Clean dentures or partial dentures with a denture brush or soft toothbrush using liquid hand soap or denture toothpaste. Do not use regular toothpaste as this may scratch the denture.
- Brush natural teeth; if you have no teeth, clean the mouth and gums, with a moist toothbrush before reinserting the dentures or partial dentures.
- Put dentures and partial dentures in a container of water overnight. Leaving them out of your mouth allows the gums to rest.
- Denture or partial denture adhesive should not be used to glue in poorly fitting dentures.
- Visit the dentist regularly, even if you have no teeth.

ORAL HEALTH IS OVERALL HEALTH