

Senior Smiles

The Oral Health – General Health Connection

Present by

The Alliance of the American Dental
Association

&

The Foundation for Dental Health Education



Let's Talk About . . .

- Why a Healthy Mouth is Important
- Prevention and Daily Oral Care
- Cavities and Gum Disease
- Dry Mouth and Diabetes
- Tobacco and Oral Cancer
- Healthy Eating and Exercise

Why is a Healthy Mouth Important?

- “Oral health is essential to general health and well-being”

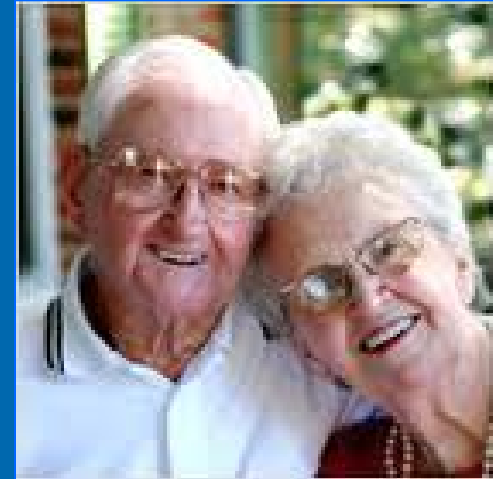
The U.S. Surgeon General

- “Infection and inflammation in the mouth have been linked to:

- type 2 diabetes
- heart disease
- stroke”

Oral and the Whole Body Health,
Scientific American, 2006

- Teeth are for a lifetime!

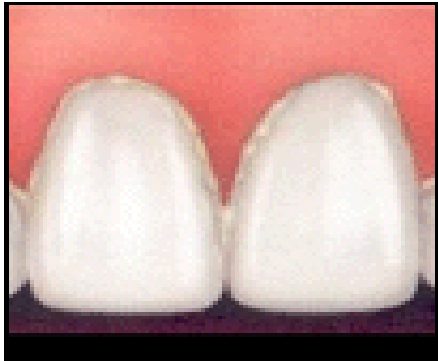


Factors which contribute to Cavities and Gum Disease

- Not able to brush and floss
- Tobacco use
- Poor diet
- Past cavities
- Not visiting the dentist
- Medical diseases/Medications
- Dry Mouth



What Causes Cavities?



- Bacteria (plaque) grow on teeth
- Bacteria + Sugar foods and drinks = Acid
- Acid + Teeth = Cavity

Prevention

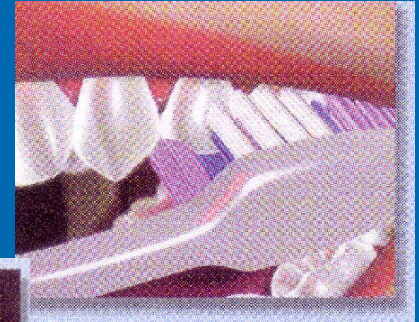
For a Healthy Mouth:

- Brush teeth 2 times a day (including tongue)
- Floss once a day
- Toothpaste with fluoride
- Mouthwash or rinse – alcohol free
- Eat healthy
- Regular visits to the dentist
 - Twice a year, more if needed
 - Once a year if have dentures
 - Oral cancer check once a year



The right way to brush & floss

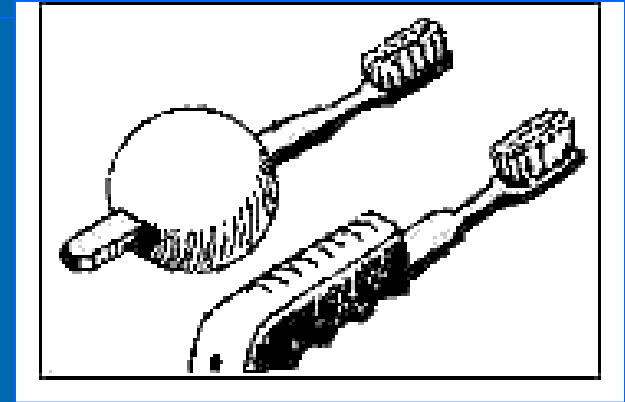
- ❖ Knowing how to brush and floss the right way is a big part of good oral health.



Problems holding a toothbrush or floss?

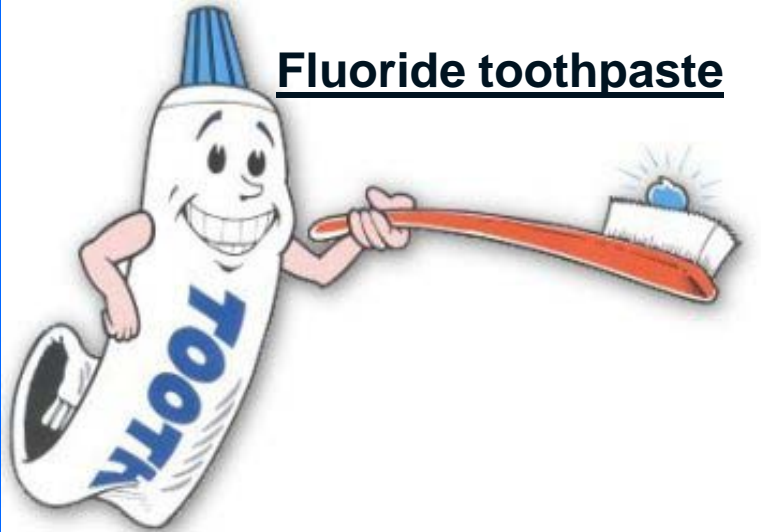
Adaptations:

- Make the toothbrush handle bigger
 - A bicycle handlebar grip
 - A tennis ball
 - Aluminum foil
- Use a power toothbrush
- Use a floss holder
- Pump style toothpaste



Prevent Cavities with Fluoride

Fluoride toothpaste



Fluoridated
water



Fluoride varnish



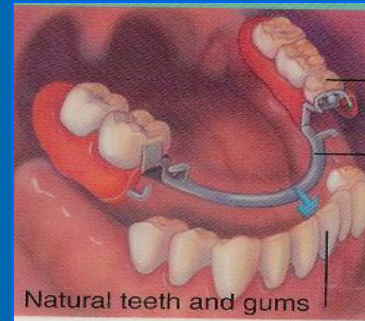
Over-the-
counter
fluoride
rinse



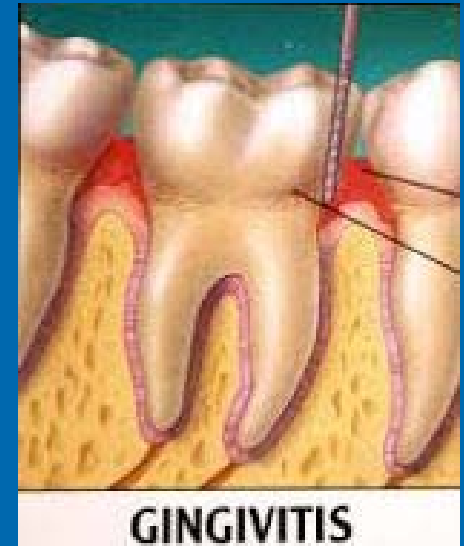
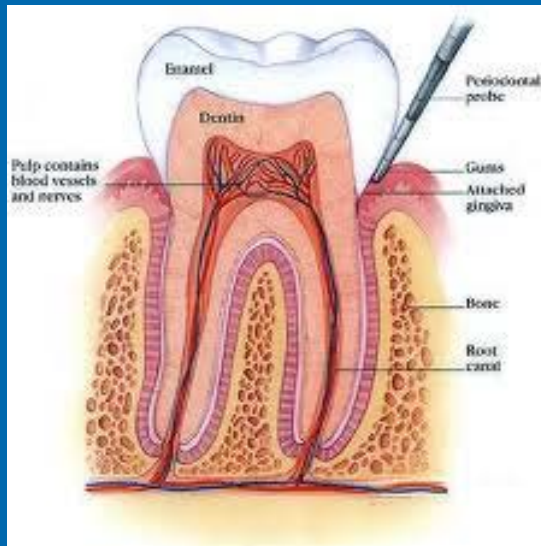
If you have Dentures/Partials

Daily:

- Brush all sides of dentures
- Clean teeth and gums
- Remove and soak dentures
- Recommend your name is on the dentures



Gum Disease



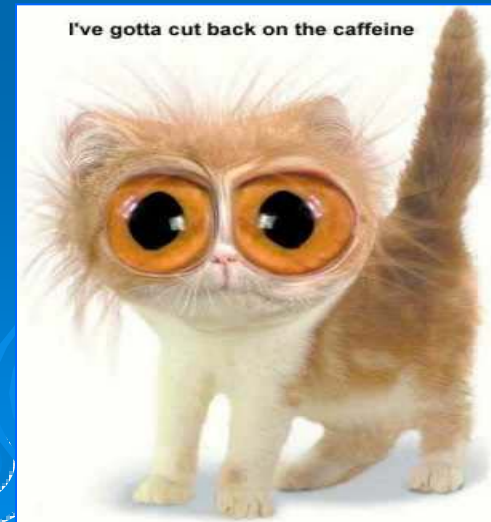
Signs of Dry Mouth

- Less saliva, thick and stringy
- Hard to talk, chew and swallow
- Cracked lips and/or sores
- Bad breath, rough & dry tongue
- Burning mouth – red and painful
- Plaque – thick coating on teeth



Help for Dry Mouth

- Drink water
- Your dentist or doctor may recommend products such as mouthwash, spray and artificial saliva
- Suck on sugar-free candies or chew sugar-free gum (with xylitol)
- No caffeine, tobacco or alcohol



Diabetes

- Diabetes reduces the body's resistance to infection
- Diabetes is linked to periodontal disease
- Keep your dentist informed
 - If you have been diagnosed with diabetes
 - If the disease is under control



Medications / Health History

Keep your dentist informed:

- Of all prescriptions and over-the-counter medications you are taking
- Of any changes to your health history
- Certain medications can change the course of your dental treatment.

Such as:

- Osteoporosis drugs
- Chemotherapy drugs
- Steroids



Tobacco & Oral Cancer

Over half of people with Oral Cancer
are 65 years or older



**Use of
tobacco and alcohol
raises the risk
of oral cancer**



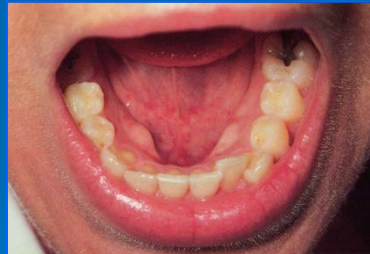
Oral Cancer

The most common locations:

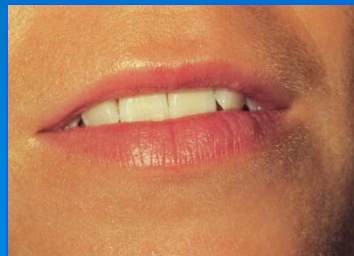
➤ Tongue



➤ Floor of mouth



➤ Lower lip



Signs of oral cancer can include:

- Mouth sore that doesn't get better, or bleeds easily
- Change in color of skin or gums
- A lump, crusty or rough spot
- Problems chewing, swallowing, moving the jaw or tongue

An Oral Cancer Exam

An oral cancer screening is best done regularly by a dentist. Patients can also perform a self-examination between dental visits to check for early signs and symptoms. Look and feel for lumps, masses, growths, red or white patches, or recurring sore areas.



Neck (head back)
With head tilted back, look for masses.



Neck (head upright)
With head upright, feel both sides of the neck and under the jaw.



Lips
Look at and feel the inside and outside of the lip, using the thumb and forefinger.



Gums
Examine the gums with the lips pulled away.



Cheeks
Use the thumb and forefinger to draw the cheeks away from the teeth.



Palate
Say "Ah" to see the back and roof of the mouth.



Tongue (extended)
Grasp the end of the tongue with gauze. Pull the tongue outward, right, and left, examining each surface.



Tongue (upward)
Touch the tip of the tongue to the roof of the mouth. Check the floor of the mouth and underside of the tongue.

Important! Before Surgery and Treatment for Any Cancers –

1. See your dentist before surgery, especially

- Open heart
- Joint replacement

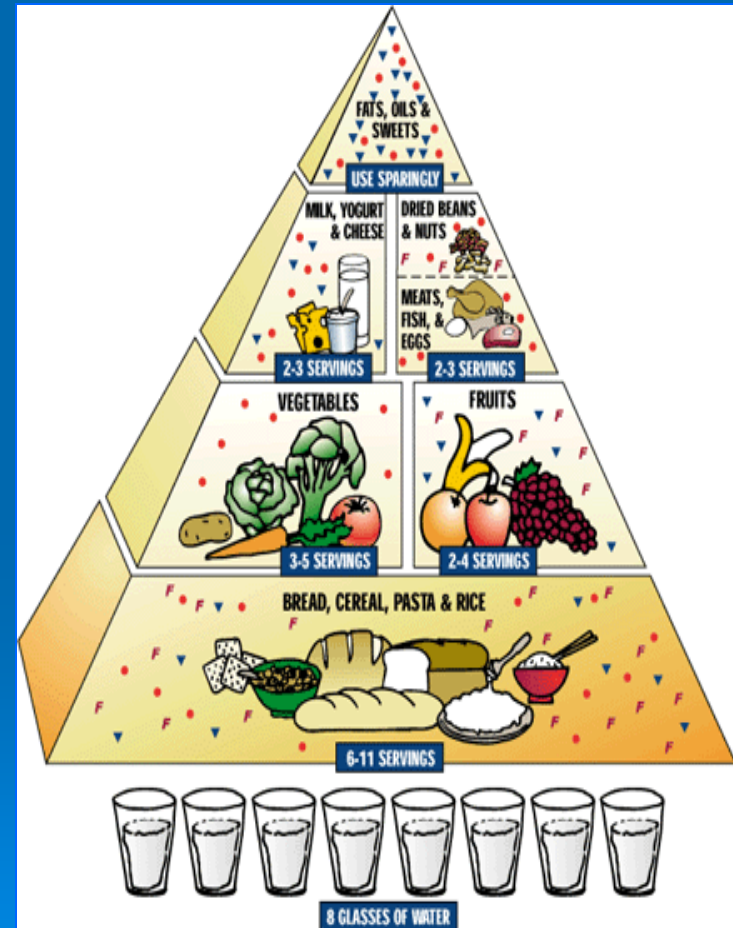
2. Treat all dental problems before radiation or chemotherapy begins



A Healthy Diet Helps Keep a Healthy Mouth – and Overall Health!

Tips for healthy eating:

- Eat a variety of foods and don't skip meals
- Drink plenty of fluids
- Choose a diet with plenty of vegetables, fruits, and grain products
- Use sugar, and salt in moderation
- Limit diet soft drinks, Acid in these drinks can contribute to tooth decay and gum disease
- Drink alcohol in moderation



Taking supplements

Ask your doctor -

- Is a multi-vitamin or supplement needed?
- Can liquid food improve the diet?
- What about herbal supplements?



Staying active

Stay active to:

- Increase your energy levels
- Build and strengthen your muscles
- Improve your balance
- Keep your heart and blood vessels healthy



Senior Smiles

The Oral Health – General Health Connection

Present by

The Alliance of the American Dental
Association

&

The Foundation for Dental Health Education

