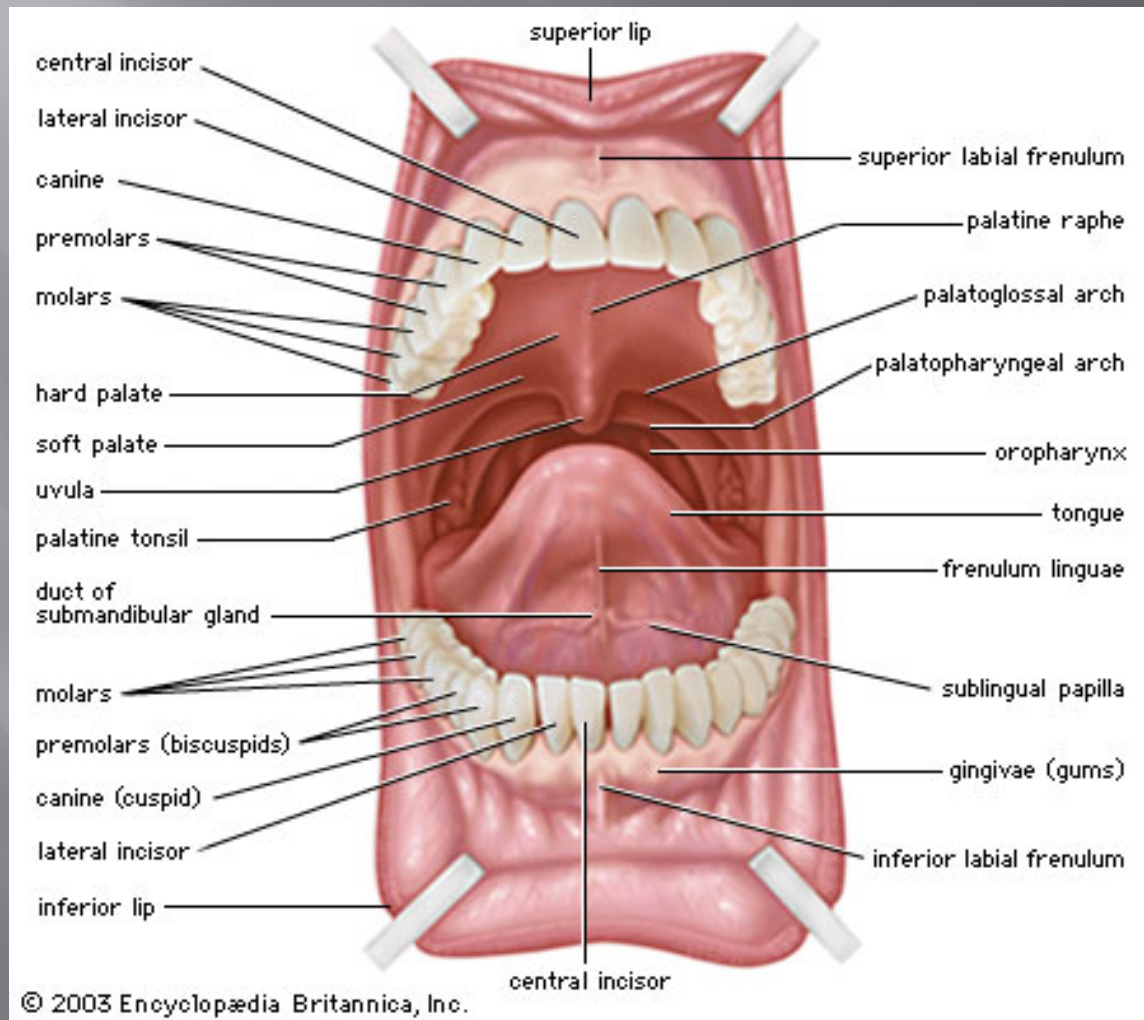


# Oral Health





# The Facts



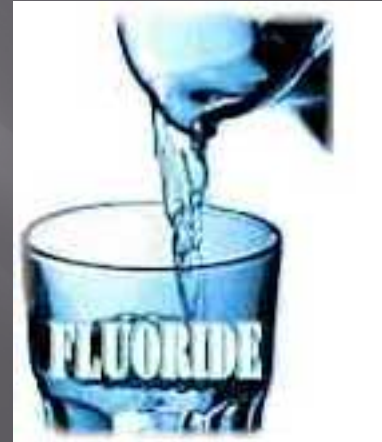
- ❑ 25% of those > 60 years of age and 5% of adults 40-59 years of age are missing all their natural teeth
- ❑ Over 40 percent of poor adults have at least one untreated decayed tooth
- ❑ Toothaches are the most common pain of the mouth or face reported by adults.
- ❑ This pain can interfere with vital functions such as eating, swallowing, and talking.
- ❑ Most adults show signs of gum disease. Severe gum disease affects about 14 percent of adults aged 45 to 54 years.

# Why Oral Health Matters

- ▣ Gum disease has strong correlations with cardiovascular disease, diabetes, and pneumonia.
- ▣ Tooth decay and loss can lead to nutritional deficiencies which can exacerbate other health problems.

# Maintaining Good Oral Health

- ▣ Drink fluoridated water and use a fluoride toothpaste. Fluoride's protection against tooth decay works at all ages.



# Maintaining Good Oral Health

- ▣ Take care of your teeth and gums. Thorough tooth brushing and flossing to reduce dental plaque can prevent gingivitis (gum disease) and dental caries (cavities).
- ▣ Try to brush after every meal or at least twice a day.
- ▣ Floss once a day.



# Maintaining Good Oral Health

- ▣ Avoid tobacco.
- ▣ Smokers have 4 times the risk of developing gum disease compared to non-smokers.
- ▣ Tobacco use in any form – cigarette, pipes, and smokeless (spit) tobacco – increases the risk for gum disease, oral and throat cancers, and oral fungal infection.



# Maintaining Good Oral Health

- ▣ Limit alcohol.
- ▣ Heavy use of alcohol is a risk factor for oral and throat cancers.
- ▣ When used alone, alcohol and tobacco are risk factors for oral cancers, but when used in combination the effects of alcohol and tobacco are even greater.

# Maintaining Good Oral Health

- ▣ Eat and drink wisely.
- ▣ Adults should avoid snacks full of sugars and starches.
- ▣ Avoid sugary drinks, choose water instead.
- ▣ Fiber-rich fruits and vegetables stimulates salivary flow to aid remineralization of tooth surfaces with early stages of tooth decay.



# Maintaining Good Oral Health

- ▣ Visit the dentist regularly.
- ▣ Check-ups can detect early signs of oral health problems and can lead to treatments that will prevent further damage, and in some cases, reverse the problem.
- ▣ Professional tooth cleaning is very important for preventing oral problems.



# Maintaining Good Oral Health

- ▣ If you are diabetic, you are especially prone to infections of the mouth.
- ▣ Tight control of your blood sugars will help prevent the complications of diabetes, including an increased risk of gum disease.

# Maintaining Good Oral Health

- ▣ Good salivary flow helps prevent cavities and gum disease.
- ▣ Dry mouth is a risk factor for cavities and other mouth disease.
- ▣ If dry mouth cannot be avoided, drink plenty of water, chew sugarless gum, and avoid tobacco and alcohol.