



Importance of Oral Health Care for Seniors

Jenna Semenko & Pinawa Dental Clinic

Presentation Overview



Why Oral Health is Important

- Oral health and overall health
- Gum disease, cavities and how to prevent them



What you can do

- Dental hygiene/cleaning appointments!
- Oral hygiene maintenance at home!



Risk Factors

- Medication side effects
- Lifestyle
- Environment



Wrap Up & Conclusion



Why Oral Health Matters

- Key part of overall health
- The mouth can reflect and affect the rest of your body
 - If gum disease progresses other linked conditions can also progress
 - Heart and your teeth!





Why Oral Health is Important

- Affects quality of life:
 - Impacted speech
 - Impacted confidence
 - Difficulty eating



What Are Some Common Oral Health Issues?



Cavities and Tooth Decay

Cavities and tooth decay can form when the tooth is exposed to an **acidic** environment.

Bacteria break down **carbohydrates** (e.g. **sugar and starch**) to create the acid and break down the tooth structure by wearing away the enamel. This often leaves black, sticky holes in the tooth called "cavities".



Gum Disease

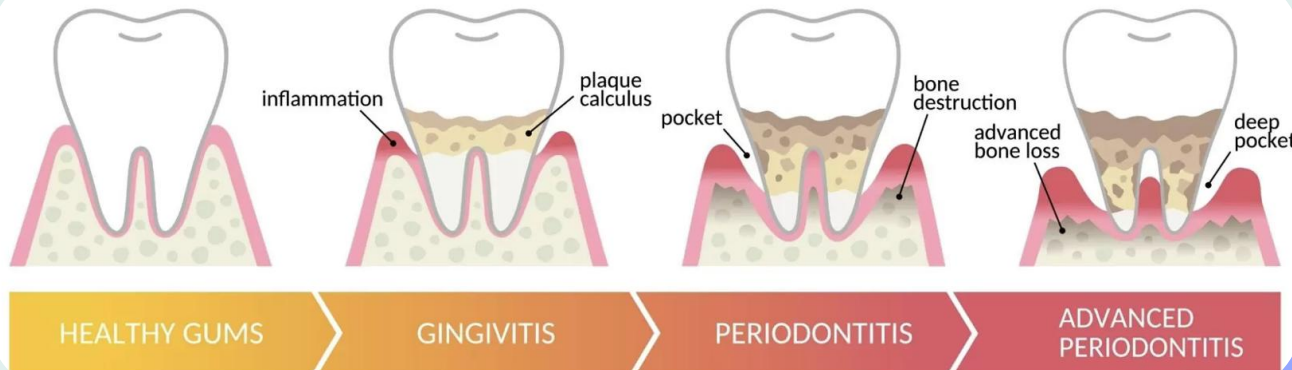
A **bacterial infection** of your gums that can be of two types:

- Gingivitis
- Periodontitis

Signs we look for:

- Bleeding gums
- Bad breath
- Loss of bone that supports teeth
 - Seen on x-rays
- Loose teeth

It all starts when plaque is left behind!



Risk Factors for Oral Health Issues

Medical History

- Diabetes
- History of smoking & alcohol use

Environment

- Lack of access to care

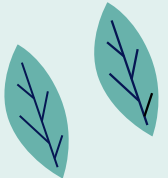
Medications

- “Anti” drugs & dry mouth

Lifestyle

- Lack of/ inability to maintain oral hygiene

Please bring your medication lists!





What we can do - Regular Dental Appointments

- Scale only appointments
- Ask us what we would recommend for frequency of coming back!
- Other benefits: frequent oral cancer screening checks, check in with health professional



Pinawa
DENTAL CENTRE



We are here to help!

What can you do for prevention?

1 Brush teeth twice daily

- Aim for two minutes (morning and night)
- Use a soft-bristled toothbrush
- Try not to “scrub” as this could cause gum recession
- Manual vs. Electric

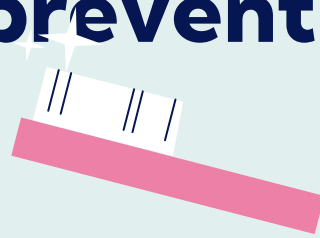
2 Clean between the teeth

- Plaque and bacteria here are not removed by toothbrushing
- Aim for once per day
- String floss isn't the only option!

3 Choose the right toothpaste for you

- Consider using one with fluoride to protect against cavities
- Regular vs Sensitivity (e.g. Sensodyne, crest pro-health gum detoxify)

and take out dentures overnight!



Instead of string floss try...

Proxabrushes



End-Tuft brush



Floss piks

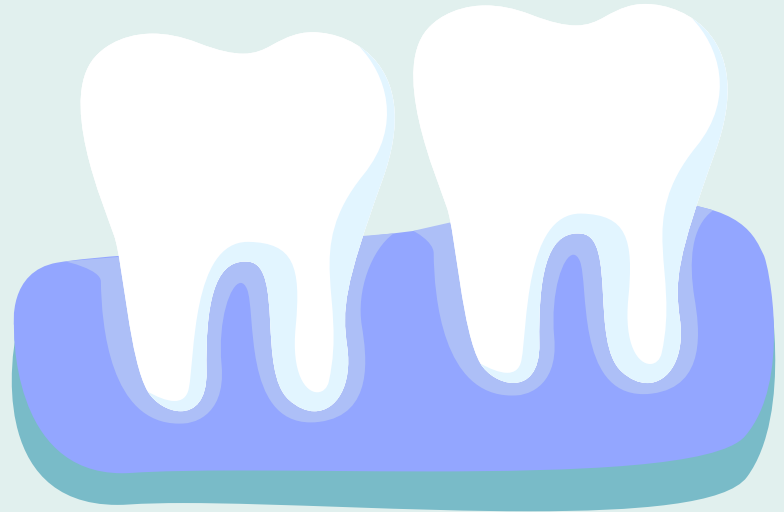


Soft piks



Wrap up & Conclusion

- Oral health is essential to healthy aging
- Good oral health can improve quality of life
- We are here to help you!





Thank You!

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