Oral Health - Overall Health Connection

“You cannot be healthy without oral health.”

Surgeon General’s Report on Oral Health
~May 2000
## Seniors and Oral Health

### Statistics and Risks

<table>
<thead>
<tr>
<th>Natural teeth: about 75% of people ages 60+ have some natural teeth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Severe gum disease: nearly 23% of adults ages 65-74</td>
</tr>
<tr>
<td>Oral cancer: diagnosed in nearly 31,000 Americans each year</td>
</tr>
<tr>
<td>Mouth dryness: a side effect of many common medications and can cause tooth decay</td>
</tr>
</tbody>
</table>
An Unhealthy Mouth
What Makes Tooth Decay?

Food  Plaque  Tooth  Decay
# Process of Tooth Decay

<table>
<thead>
<tr>
<th>Germs</th>
<th>Refined Carbohydrates</th>
<th>Acid</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Germs" /></td>
<td><img src="image2.png" alt="Carbohydrates" /></td>
<td><img src="image3.png" alt="Acid" /></td>
</tr>
</tbody>
</table>

Acid Attacks Last for 20 Minutes

<table>
<thead>
<tr>
<th>Acid Attacks</th>
<th>Tooth</th>
<th>Decay</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image4.png" alt="Acid Attacks" /></td>
<td><img src="image5.png" alt="Tooth" /></td>
<td><img src="image6.png" alt="Decay" /></td>
</tr>
</tbody>
</table>

Acid Attacks Last for 20 Minutes
Build-up of Plaque (bacteria)

- **NO brushing for one day**
- **NO brushing for two days**
- **NO brushing for three days**
Progression of Decay

1. Tooth Decay
2. Abscessed Teeth
3. Facial swelling from abscess
Gum Problems

Bacterial Infection (Plaque)

Gingivitis
Red, puffy, bleeding gums

Periodontal Disease
Bad odor/taste, tooth/bone loss
Gum Problems

Gingivitis  Periodontitis
Higher Risk But Preventable

- Diabetes
- Smoking
- Oral Disease

Brush and Floss
See your Dentist
Periodontal Disease and Diabetes

People with diabetes and uncontrolled blood sugar…

- Are more likely to have periodontal disease
- May have more difficulty controlling blood sugar
- Are more susceptible to contracting infections
- Should be treated to eliminate perio infection
Daily Oral Health Routine

- **Brush**
  - Twice per day; 2 minutes minimum
  - Bedtime brushing is most important
  - Soft brush, gentle circular motion

- **Floss**
  - Once per day
  - Cleans between teeth where brush misses

- **Fluoride**
  - Toothpaste, mouth rinse, water supply

- **Eat Healthy Foods**
Make Smart Food Choices

- Limit sweet or sticky snacks
- Eat healthy snacks: cheese, fruits, vegetables
- Eat full meals instead of sipping, nibbling and/or grazing
- Drink fluoridated water instead of juice or soda throughout the day – avoid sipping on sugary drinks
The Power of Brushing

Left side = 5 days no brushing
Right side = 3 days no brushing

Teeth brushed with back and forth movement

Teeth brushed with circular motion
Bleeding May Occur

Periodontal disease before brushing

Periodontal disease after brushing
Saliva
Kills Bacteria
Cleanses the Mouth
Neutralizes Acids
Puts Minerals Back in Teeth
Moistens the Mouth

Without enough saliva, oral problems can develop quickly!
# Dry Mouth

Possible Causes:

<table>
<thead>
<tr>
<th>Cause</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medication side-effect (over 400 meds)</td>
</tr>
<tr>
<td>Chemotherapy or radiation treatments</td>
</tr>
<tr>
<td>Salivary gland problem</td>
</tr>
<tr>
<td>Medical conditions</td>
</tr>
</tbody>
</table>
Dry Mouth – Side Effects

Plaque, Decay

Tongue

Cracks on corners of lips

Dry painful tongue

Possible fungal infection
# Managing Dry Mouth

1. Physician may change medications
2. Drink more water
3. Protect teeth with fluoride
4. Use a saliva substitute
5. Avoid:
   - Sugary snacks or drinks
   - Beverages with caffeine or alcohol
   - Mouthwashes with alcohol
   - Tobacco
   - Sucking on hard sugar candies to increase saliva
Dry Mouth - Aids

Saliva Substitutes

- Increase moisture and comfort
- Biotene or Orajel products
  - Rinse, gel,
  - Toothpaste, gum

Xylitol

- Sugar substitute
- Prevents decay; repairs early decay
- Gum, mints, dry mouth products
Poor Nutrition – Resulting From...

Medical Issues

- Arthritis
- Limited Mobility
- Vision
- Hearing Problems
- Mental Health Problems

Lack of Food

- Failing Appetite
- Finances
- Altered Taste
- Small Meals
- Soft Diets

Mental Health Problems

Arthritis

Limited Mobility

Vision

Hearing Problems

Finances

Altered Taste

Small Meals

Soft Diets
Poor Nutrition and Oral Health Problems

Sore Tongue

Cracks at corners of mouth

Food Debris, Plaque

Lack of Vitamins and Minerals

Soft Diet Limits Intake
Oral Health Problems and Poor Nutrition

- Dry Mouth
- Decayed Teeth
- Broken Teeth
- Missing Teeth

Difficult to swallow and eat = Unbalanced Diet
How much sugar?

4 grams sugar = 1 tsp

Total grams divided by 4

Equals total teaspoons of sugar per serving

Nutrition Facts

Chocolate Milk 16 oz.
Serving Size 8 oz.

2 servings per pkg.

Amount Per Serving
Calories 180
Sugars 28 g = 7 tsp

Sugar per Package = 14 tsp.
Consumers need professional dental care on a regular basis
- Daily home care is important, but not the only factor in good oral health

Dental visits include
- Examination of teeth and gums
- Oral cancer screening
- Early detection and treatment of problems