



Age gracefully

September

Keep your teeth healthy

As you age, it's more important than ever to take good care of your teeth and mouth. In fact, older adults may have new tooth decay at higher rates than children.

Here are some simple ways to maintain great oral health:

- Drink fluoridated water and use fluoride toothpaste; fluoride provides protection against dental decay at all ages.
- Brush and floss teeth regularly to reduce dental plaque, helping to prevent periodontal disease.
- See your dentist on a regular basis, even if you have dentures. Professional care helps maintain the overall health of your teeth and mouth.
- Avoid tobacco and limit alcohol.
- Caregivers should reinforce the daily oral hygiene routines of elders who are unable to perform these activities independently.
- Changes in taste and smell should not be considered signs of aging, but should be a sign to seek professional care.

Sources: CDC, ACL

Do you know what thrush is?

Thrush is a yeast infection of the tongue and lining of the mouth. You are more likely to get thrush if you are in poor health, are very old or your dentures do not fit well. Some symptoms include, white, velvety sores in your mouth, bleeding when you brush, painful swallowing or loss of taste. Luckily, oral thrush can be cured with antifungal mouthwash, lozenges or antifungal medicines. Talk to your dentist or pharmacist for the best treatment for you.

Source: Health Direct, Medline Plus

Improve your smile

If you are missing some or all of your teeth, dentures can help you speak and eat better as well as improve your smile and give you more confidence. There are several types of dentures, depending if you have any existing teeth. In addition to brushing your gums and tongue, dentures should be cleaned every day to keep them free from debris and well functioning. Visit your dentist to learn more about how dentures might help you!

Source: Mouth Healthy, Dental Vision Plans

Trivia time:

What are dentures made from?

Answer: Most are crafted from acrylic resin – a type of plastic – but, they used to be made with ivory, wood, human or even animal teeth!