

Oral Health As We Age



Nearly 1 in 4 Older Adults
Have Untreated Decay*

Tips for a Healthy Mouth

- **Brush teeth and gums twice a day**, morning and evening, with a soft toothbrush.
- **Clean crowns and bridgework** daily the way your Dental Professional has shown you. You may need to use floss, picks, or interdental brushes to clean around and under crown and bridgework.
- **Rinse dentures/partial**s after each meal and clean every day with a soft toothbrush.
- **Sugar-sweetened drinks and foods** high in sugars or starches can increase your risk of tooth decay.
- **A dry mouth increases the risk of tooth decay.** Symptoms can be relieved with water, a saliva substitute product or a sugar-free lozenge. Let your Dental Professional, physician, or pharmacist know if you have a dry mouth.
- **Caregivers need to ensure** the daily oral hygiene of older adults who are unable to do it by themselves.
- **Visit a Dental Professional** for dental and oral cancer screenings.



Colgate® PreviDent®: Rx Strength Protection

- The amount of fluoride contained in Colgate PreviDent 5000 is a higher level of fluoride, four times higher than the amount found in regular toothpaste.
- Patients at high risk may benefit from a prescription-level fluoride toothpaste to help strengthen teeth and protect against decay.
- Once your risk factors are identified in today's dental visit, your Dental Professional may recommend a prescription-level fluoride.

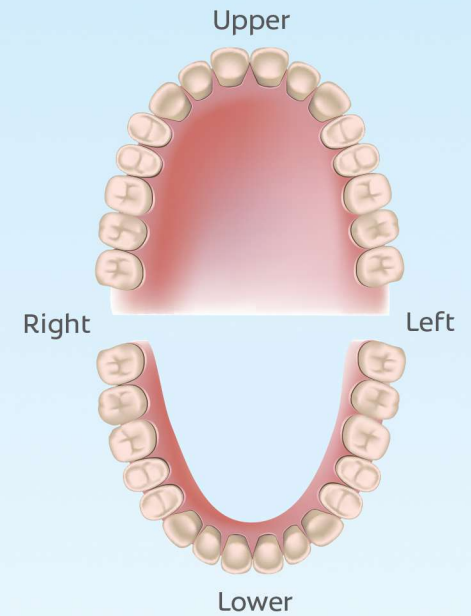


Good oral health is important for good general health.

Did You Know?

- Nearly 1 in 4 Older Adults have untreated decay.*
- Helping to prevent tooth decay and gum disease is an everyday activity.
- Teeth with exposed root surfaces are at higher risk of decay.
- Dry mouth can be a side effect of medications or health conditions. It may lead to dental decay and difficulty in eating.

*Adapted from NHANES (collected between 1999 and 2004) data regarding dental caries in adults as presented in National Institute of Dental and Craniofacial Research, www.nidcr.nih.gov/DataStatistics/FindDataByTopic/DentalCaries/DentalCariesAdults20to64.htm "Table 2: Percent of Adults with Untreated Decay in Permanent Teeth." Accessed on April 14, 2015.



Personalized Instructions: _____



For more information regarding
Oral Health As We Age and
How to Access Care visit:
www.ToothWisdom.org



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