

ORAL HEALTH FOR OLDER ADULTS

HEALTHY AGEING STARTS WITH A HEALTHY MOUTH

Although oral health challenges may increase with age, understanding the risks and taking steps to prevent them will help you enjoy a healthy, active and fulfilling life as you get older.



Did you know?

By 2050, one in four people worldwide - around 2 billion people - will be aged 60 and over. Older adults are disproportionately affected by oral diseases, which can have a significant impact on their general health and well-being.

LOOK AFTER YOUR ORAL HEALTH

-  Brush for 2 minutes, 2x a day with fluoride toothpaste.
-  Clean between your teeth every day using floss or interdental brushes.
-  Get regular dental check-ups to remove hardened plaque (tartar) and identify problems early.
-  If your gums have receded, ask your dentist whether a prescription high-fluoride toothpaste could help prevent root decay.
-  If a tooth becomes loose or your dentures no longer fit properly, see your dentist as soon as possible, as this may increase your risk of falls.

ENJOY HEALTHY AND DIVERSE FOODS

Older adults may be more vulnerable to poor nutrition for a variety of reasons.

-  Eat a well-balanced diet.
-  Avoid sugary snacks between meals.
-  If you choose sweet treats, enjoy them at the end of a meal.



UNDERSTANDING DRY MOUTH

A dry mouth can be a problem as you age. It happens when you do not have enough saliva to keep your mouth moist.

SALIVA HELPS YOU: eat, speak, swallow, cleanse your mouth, and reduces the effects of acids that can cause tooth decay.

A DRY MOUTH CAN BE CAUSED BY: tobacco, alcohol, certain medications, and some medical conditions.

HOW TO RELIEVE A DRY MOUTH



Chew sugar-free gum or suck on sugar-free sweets to help stimulate saliva.



Drink water with meals to help you chew and swallow, and sip water regularly throughout the day.



Use an alcohol-free mouth rinse, a moisturising mouth spray or gel, or artificial saliva.



Avoid carbonated drinks (such as soda), caffeine, tobacco and alcohol.



Use a lip balm to soothe dry or cracked lips.

WHERE TO GO NEXT



Read the Risk factors for oral diseases fact sheet to learn more about the main risk factors and the steps you can take to protect both your mouth and your body.



**World Oral
Health Day**
20 March



EVERYONE,
EVERYWHERE
IS INVITED
TO JOIN US

#GENERATIONSMILE
#WOHD27

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