

## Oral Health for Adults

### Cavities

- Bacteria + Sugar = Acid, Acid + Tooth = Cavities
- Not brushing 2 times a day
- Eating too much sweet food
- Drinking too much sweet drinks
- Filling breaks and not covered
- Roots are showing

### Gum disease

Gum disease happens when teeth and gums are not brushed well

- Gums are red and swollen
- Gums can bleed with brushing in children and adults
- May be painless unless very serious
- Can lead to tooth loss in adults

Gum disease can be treated by having your teeth cleaned and gums checked by a dental hygienist.

### Mouth germs make you sick

may cause problems:

- heart & stroke
- lung infection/pneumonia
- harder to control blood sugar/diabetes
- premature and small babies

### Care for your teeth

#### Brush at least 2 times a day for 2 minutes

- Soft brush with rounded bristles
- Brush at a 45-degree angle to your teeth
- Put bristles at the place where your gums and teeth meet
- Brush using short back and forth motion (Demo)
- Clean every surface of every tooth
- Brush your tongue
- Get a new brush every 3 months
- Use pea size amount of fluoridated toothpaste

### Visit the dentist

- Check / treat mouth, teeth and gums
- Check for oral cancer or **diseases**
- Check / advise on false teeth
- Get dental advice
- Get referrals to see teeth **specialists**

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Visit your dentist at least 1 time a year

### Warning signs

- Pain in teeth
- Bad breath
- Bleeding gums
- Sore mouth
- Loose teeth
- Sensitive teeth

### Care for false teeth

- Take them out every night
- Brush them with toothpaste and a denture brush
- Store them overnight in clean water in a cup
- Brush and floss the implant gently

### Hard to hold brush or floss

- Make toothbrush handle bigger (samples)
- Use an electric brush
- Use a plastic floss holder

### Dry mouth = not normal

Dry mouth can be caused by:

- Medications – over 800 medications
- Disease such as diabetes
- Head and neck cancer and treatment

Drink more and talk to your doctor and your dentist

### Resources

- The **Canadian Dental Care Plan (CDCP)** is from the Government of Canada, helping accessing oral health care for Canadian residents with an annual family net income of less than \$90,000 who do not have any other dental insurance. Please visit the [Government of Canada's website](#) to find out more.
- Call 811 to talk to a nurse about a health question/dietician, 24/7, free, interpretation.
- <http://DiversityCalgary.ca/oha>