

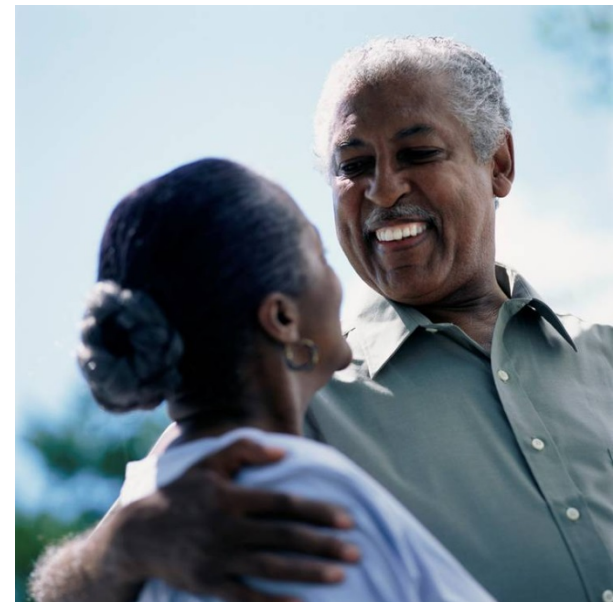
Keeping our mouths clean and healthy

GOH Campaign Committee



Why are we here?

- Thank you for making a difference
- Let's learn a bit more about:
 - How to take care of our teeth
 - How to help others learn about their teeth and oral health



Healthy Mouths

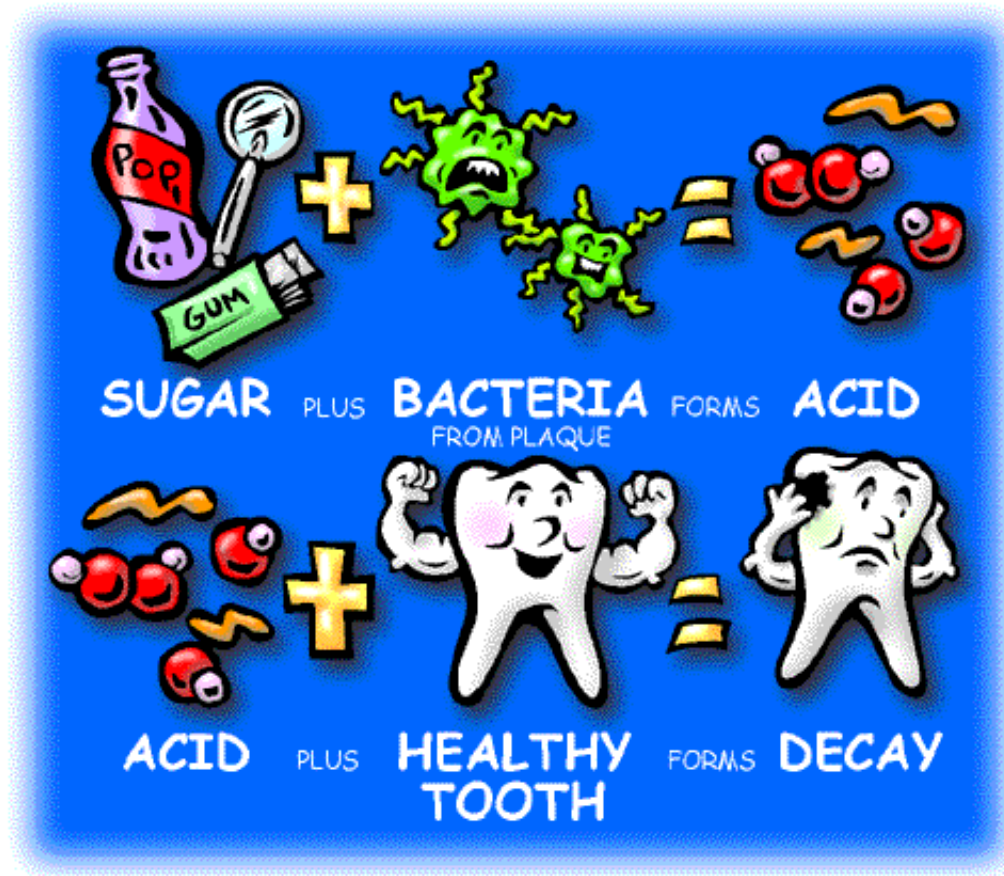
- Clean mouths are less likely to have cavities and gum disease
- Your breath will be fresher
- You can eat better
- You will feel healthier

What about when mouths aren't clean

- Infections from teeth and oral cavity leading to:
 - Certain people can get heart infections
 - Aspiration pneumonias
 - Poor control of diabetes may be linked to periodontal infections



How do cavities happen?



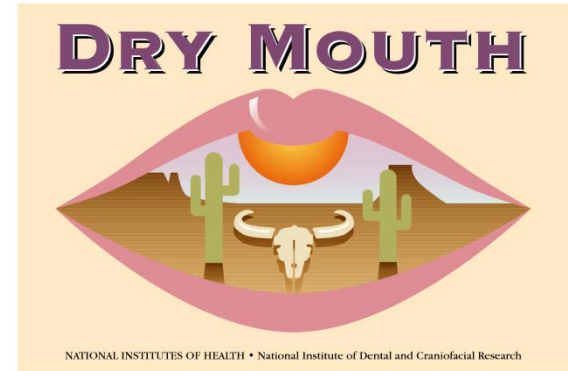
Gum Disease

- Gums vs gums and bone
- Infection over time
 - Reduce risk by better hygiene and professional dental cleanings



Dry Mouth

- What can make it worse?
 - Side Effects of hundreds of medicines
 - Diabetes
 - Dehydration
 - Dry air in winter from heat



Dry Mouth



- What does it feel like?
 - Can't taste your foods as well
 - Burning feeling
 - Cracked corners of your mouth
- May look red and tender with grooves in your tongue.

Why is it bad?

- Can contribute to cavities and gum disease
- Makes you more likely to get candida in your mouth (yeast infection)
- Can't taste your food so add more salt and sugar...

Medical Conditions can effect how we take care of our mouths

- Stroke
- Dementia
- Parkinson's
- Diabetes
- Arthritis
- Eye problems



Adaptive Aids

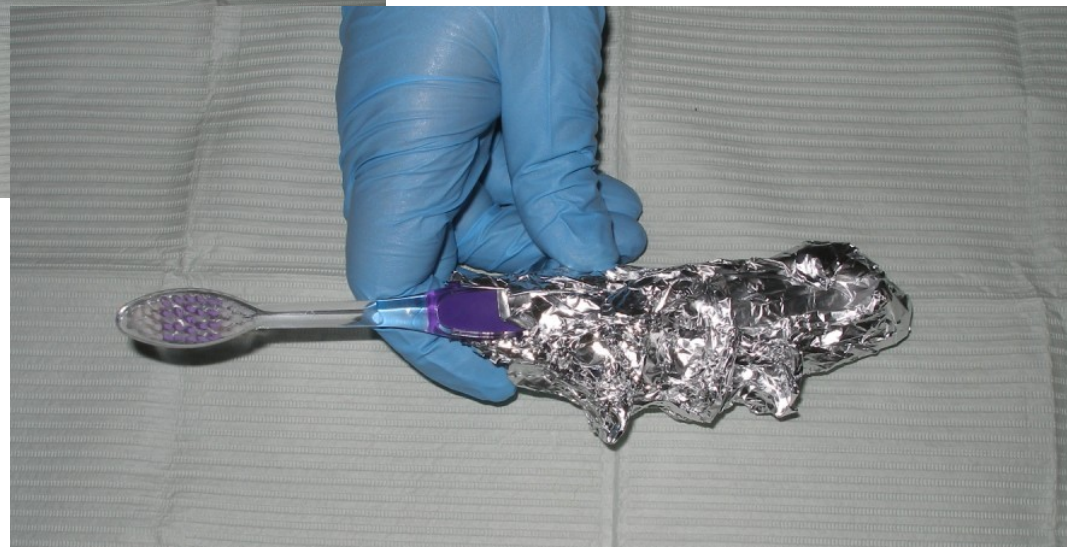


- Easily cleanable
- Replaceable
- Cheap or make yourself
- Make sure you can actually use it
- Place signs on bathroom mirror as reminders
- Clean your mouth when it is convenient or ask care giver (bacteria don't wear watches)

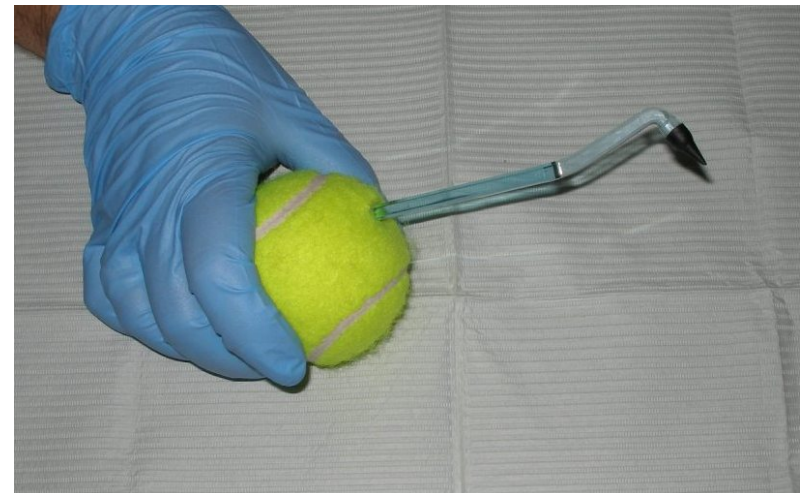
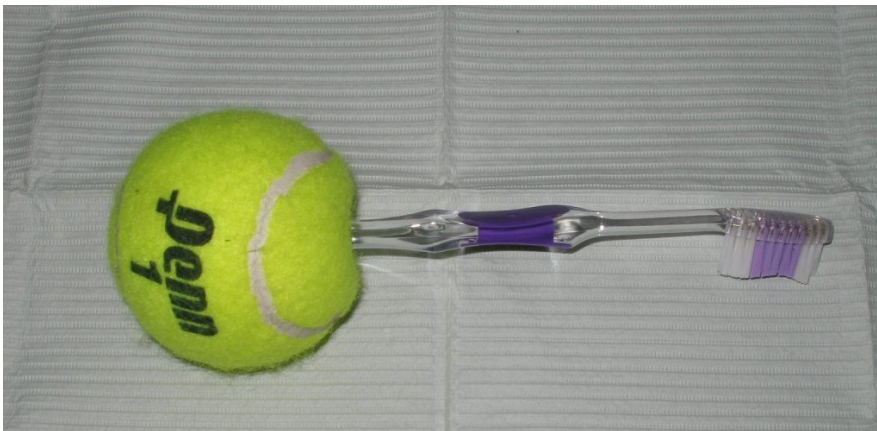
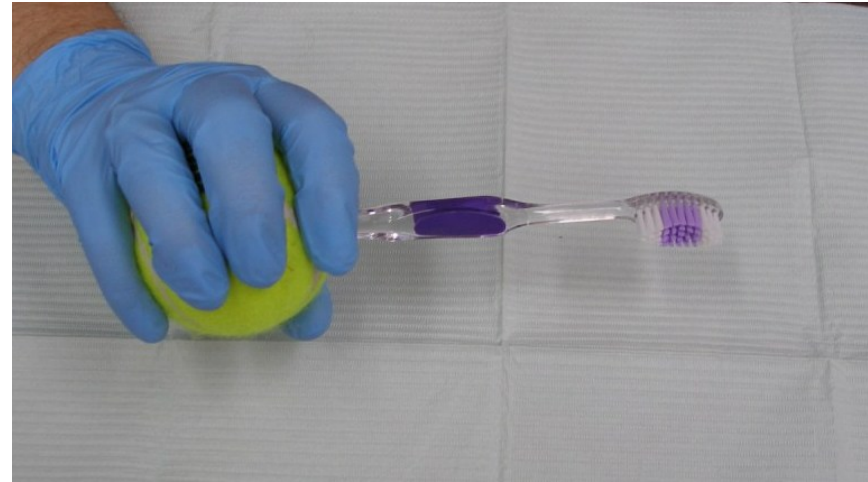
Multiple Oral Hygiene Aids



Aluminum Foil

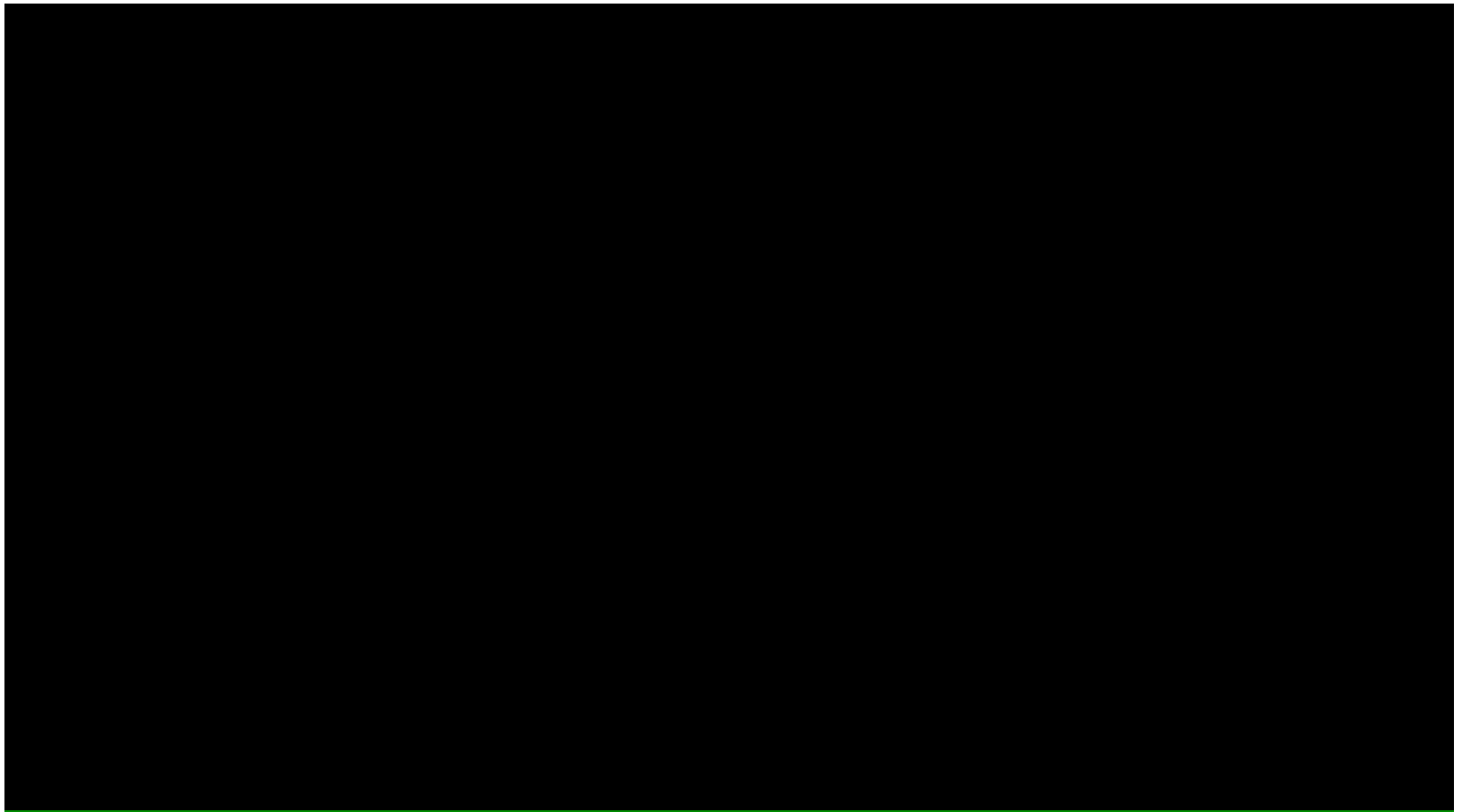


A use for your old tennis balls





Toothbrushing



GUM® Flossmate® Floss Holder

- Longer, curved prongs allow easy access to back teeth
- Made of durable plastic
- Especially useful for beginning flossers or patients with dexterity problems



Reach Access Flosser



Flossing



Dentures and Partial Dentures



Denture Toothbrush



Denture Care



Thank You !

