

# Healthy Mouths Start at Home

**Good Oral Health!**



# Why are we here?

- Let's learn a bit more about:
  - How to take care of our mouths and improve our health
  - How to help others learn about their mouths and improve their health



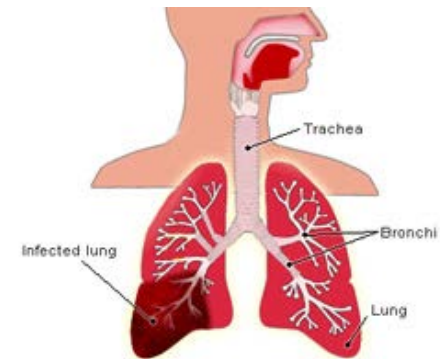
# Healthy Mouths

- 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

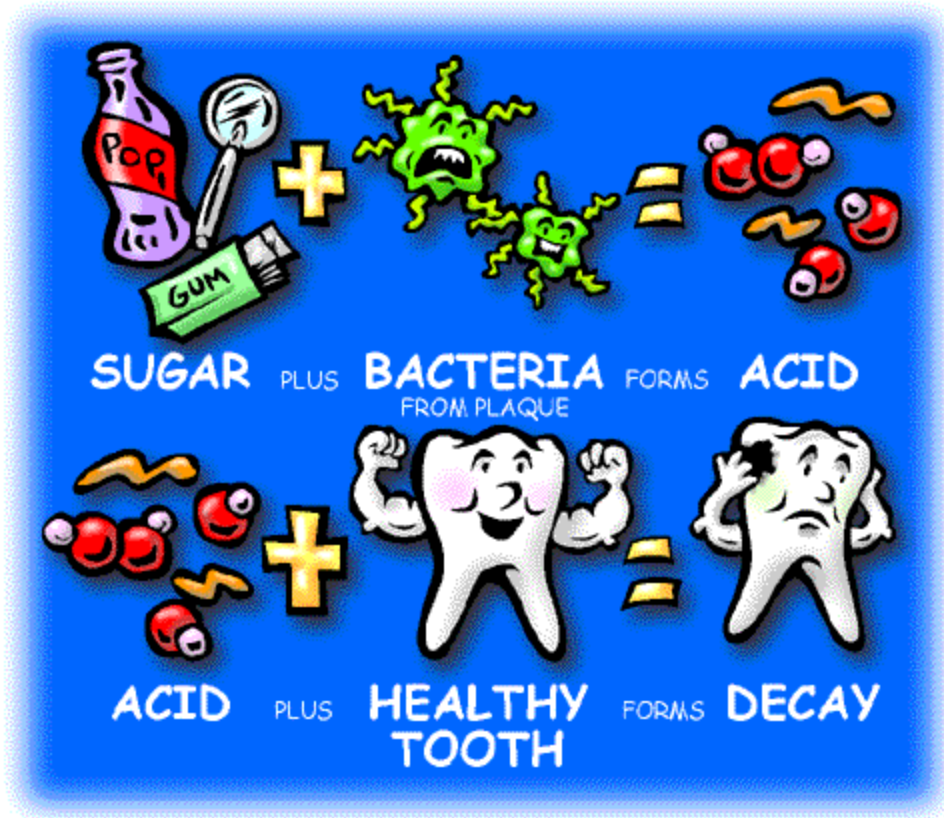
- Infections from teeth and oral cavity leading to:
  - Certain people can get heart infections
  - Aspiration pneumonias
  - Poor control of diabetes may be linked to periodontal infections



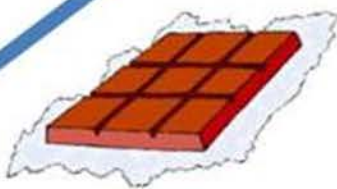
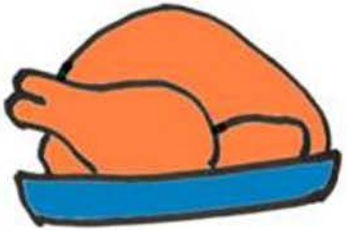
# How do cavities happen?



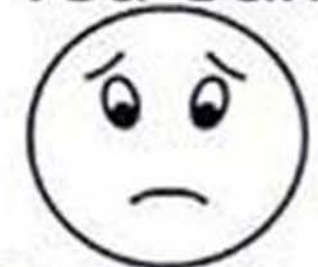
Germs Cause Cavities



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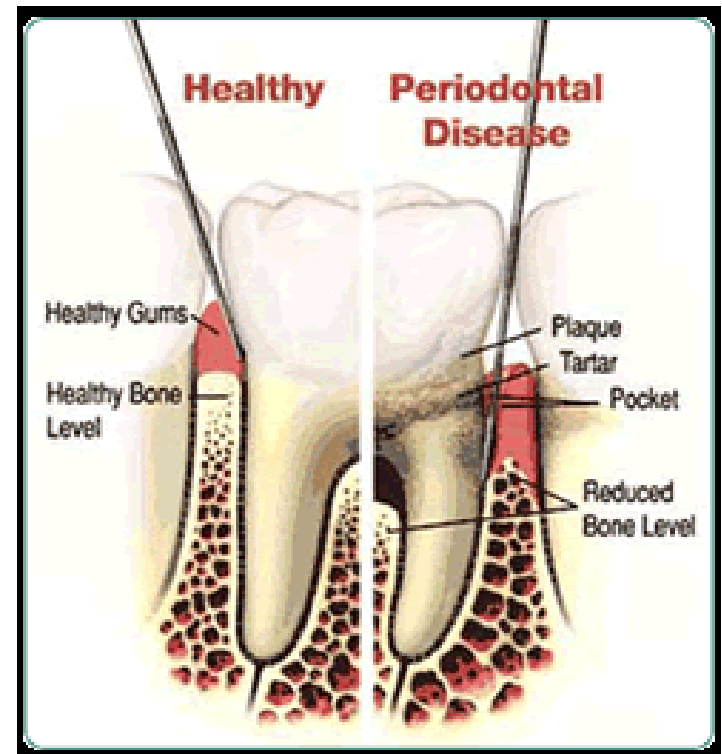
You Can



Do Better

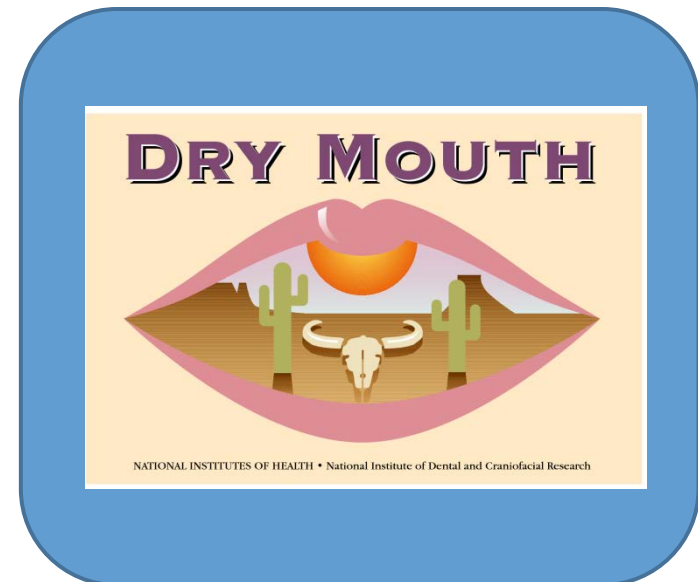
# Gum Disease

- 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





# Why is dry mouth bad?

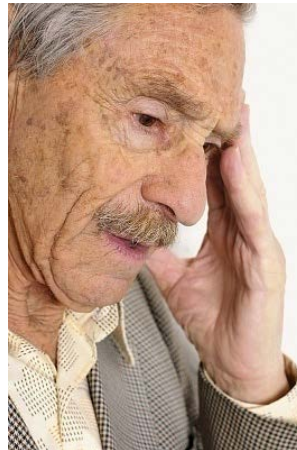


- Can contribute to cavities and gum disease
- Make you more likely to get candida in your mouth ( yeast infection)
- Can't taste your food so add more salt and sugar...

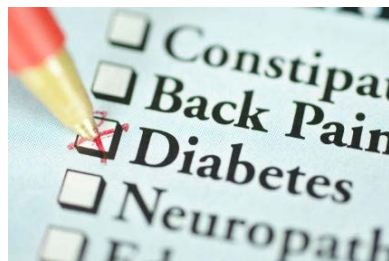


# Medical Conditions can effect how we take care of our mouths

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



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**Oral Health = Overall Health**

