

The Benefits of Good Oral Health

WHY SHOULD YOU BRUSH YOUR TEETH AND CLEAN YOUR MOUTH EVERY DAY?

Good oral health contributes to your comfort, overall health and well-being. Research shows us that mouth related problems could affect your quality of life. Plaque forms as a sticky film of harmful bacteria on your teeth or on the lining of your dentures. Some bacteria produce poisons that cause bleeding gums, gum disease, and bad breath. When the bacteria in plaque are fed sugar from sweets, candies and soft drinks, they produce acids that cause cavities and gum disease.

Left untreated, gum disease can lead to the loss of teeth and increase your risk of more serious health concerns, including heart disease and stroke. The bacteria in plaque can travel from the mouth into the bloodstream, and has been linked to the clogging of arteries and damage to heart valves. The same bacteria can also travel to the lungs, causing infection or aggravate existing lung conditions. There is also a link between diabetes and gum disease. People with diabetes are more susceptible to gum disease, and it can put them at greater risk of diabetic complications.



OUR MISSION:

Park Place Seniors Living strives to provide enriched life experiences to seniors through innovation and creativity.

OUR VISION:

At Park Place Seniors Living we are known for our unwavering commitment to enriching the lives of those we serve by providing a “voice and a choice” with dignity, respect and empathy.

Park Place Seniors Living | 1656 West 75 Ave, Vancouver
parkplaceseniorsliving.com

#12

Oral Health




PARK PLACE
 SENIORS LIVING
Enriching Lives of Seniors

What is Dry Mouth?

Dry mouth happens when you do not have enough saliva, or spit, to keep your mouth moist and comfortable. It can be caused by certain medications, be a complication of certain diseases, be a side effect of cancer treatment, or be caused by alcohol use, smoking, mouth breathing or dehydration.

WHAT SHOULD YOU LOOK FOR?

- Dry, irritated cracked lips, corners or mouth, tongue
- Trouble chewing, swallowing, eating, speaking
- Bad breath
- Red gums
- Problem wearing dentures

FAST
FACT

A mouth condition that makes it difficult for you to eat puts you at risk for weight loss and decline in your overall physical health.

Tips for Basic Oral Health

Follow these tips to ensure good mouth care. If you are not able to do your own mouth care, please ask for assistance. If you are a family member, remind your loved one to perform mouth care, or ask the staff, they would be happy to assist with providing mouth care.

- 1** Brush teeth/dentures and mouth twice daily (floss if possible)
- 2** Keep hydrated
- 3** Eat a healthy diet, limit sugary foods
- 4** Do not smoke, limit alcohol and caffeine
- 5** Keep lips and mouth moist
- 6** See a dental professional regularly

Supplies Needed for Good Oral Health

- Toothbrush (soft bristled for teeth, firmer for dentures). Should be replaced every 3 months
- Toothpaste (Fluoride containing for teeth)
- Denture cup
- Floss
- Mouthwash
- Water-based lip lubricant



Reviewed by a group of Park Place Family Representatives in April 2022