

# Healthy Aging

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# Land Acknowledgement

- ▶ I/We would like to begin by acknowledging the land on which we gather, and on which the LAMP and East Mississauga Dental operates, is part of the Treaty Lands and Territory of the Mississauga of the Credit.
- ▶ For thousands of years, indigenous peoples inhabited and cared for this land, and continue to do so today. In particular, we acknowledge the territory of Anishinabek, Huron-Wendat, Haudenosaunee and Chippewa peoples; the land that is home to Metis; and the most recently, the territory of the Mississaugas of the Credit First Nation who are direct descendants of the Mississaugas of the Credit.
- ▶ I/We are grateful to have the opportunity to work on this land, and by doing so, give our respect to its first inhabitants.

# Oral Health → Why is it Important?

- ▶ Oral diseases, including tooth cavities and gum problems are the most common chronic conditions worldwide
- ▶ Poor oral health leads to tooth loss, which increases risk of poor nutrition, speech problem and social isolation
- ▶ Oral health is highly interconnected with overall physical and mental health
- ▶ We can enjoy good oral health at any age. Good oral health improves quality of life

[Dental care for seniors | ontario.ca](https://www.ontario.ca/dental)

<https://www.canada.ca/dental>

# ORAL HEALTH ↔ SYSTEMIC HEALTH

## Two Way relationship

High blood sugar means:

- ▶ More supply of sugars → acid production → more cavities
- ▶ Affect the ability to fight against infection → gum problem or loss of teeth
- ▶ Uncontrolled diabetes → reduced flow of saliva → cavities and gum problem
- ▶ A yeast infection can often appear as lesions on the skin, mouth and throat in a person with Diabetes
- ▶ If a person with diabetes develops a soreness under a denture, it does not heal easily
- ▶ A person with gum disease is more likely to get high blood sugar levels and increase its complications
- ▶ Outcomes to the dental treatment is lower in a person with poorly controlled diabetes

# ORAL HEALTH ↔ SYSTEMIC HEALTH

## **Risk for Heart Disease and Stroke:**

- ▶ People with gum disease are as twice as likely to be diagnosed with heart disease
- ▶ Oral plaque and bacteria cause the narrowing of arteries, which increases the risk of heart attack and stroke

## **Respiratory Conditions:**

- ▶ Oral bacteria travel through the bloodstream and go into the lungs where it can have a direct impact on the respiratory system. It causes a greater risk of suffering from acute bronchitis or chronic pneumonia
- ▶ The risk of death from aspiration pneumonia is decreased by improving the seniors' oral health through tooth brushing.

# ORAL HEALTH ↔ SYSTEMIC HEALTH

## **Risk of Suffering from Dementia**


- ▶ Inflammation or infection associated with poor oral health causes parts of the brain to die, which can lead to loss of memory, and further progress to dementia
- ▶ Forgetting about proper oral hygiene can cause further progression of gum inflammation and other dental problems

## **Rheumatoid Disease**

- ▶ Plaque bacteria present in the mouth increases the severity and progression of rheumatoid disease

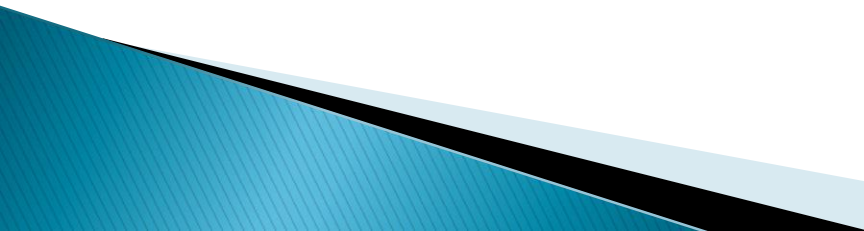
# ORAL HEALTH ↔ SYSTEMIC HEALTH

## Mental Health

- ▶ Gum disease significantly increases the risk of developing Alzheimer's disease
  - ▶ A person with depression may not feel like brushing their teeth or seeking dental care
  - ▶ It can negatively affect their ability to engage in oral hygiene habits, which can lead to cavities and gum problems
  - ▶ Medications used to treat the mental conditions can cause cavities, oral lesions, and infections
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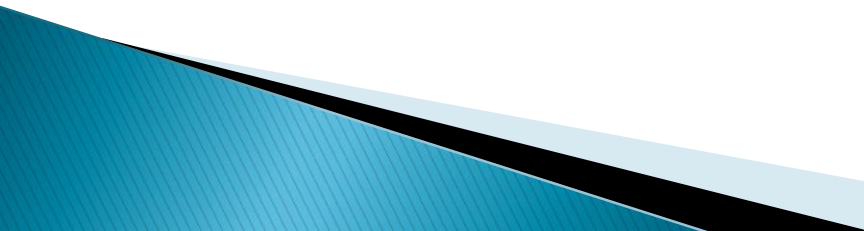
# ORAL HEALTH ↔ SYSTEMIC HEALTH

## Obesity

- ▶ Individuals who brush their teeth once a day or less, are more likely to develop obesity than those who brush their teeth more often
  - ▶ There is a link between obesity and gum disease
  - ▶ Consuming sugary foods and beverages is linked to both obesity and tooth decay in all age groups
- 



# SYSTEMIC HEALTH ↔ ORAL HEALTH

- ▶ More than 80% of older adults have at least one chronic health condition, and more than 50% have at least two chronic conditions
  - ▶ Medications taken for chronic health conditions cause dry mouth
  - ▶ Dry mouth causes extensive tooth decay, which leads to more fillings, root canal treatments and extractions
  - ▶ It can also cause oral infections and lesions, and difficulty in chewing and swallowing → poor nutrition
- 

# ORAL HEALTH → SYSTEMIC HEALTH


## **Risk of Cancer:**

- ▶ Poor oral hygiene, including infrequent toothbrushing and dental visits, is linked to an increased risk of developing oral cancer
- ▶ Women with gum disease, including those who are missing teeth due to gum disease, are at increased risk for breast cancer
- ▶ Men with gum disease have higher risk of developing prostate cancer compared to those without gum disease
- ▶ Many experts have researched and found that individuals with gum disease are also at higher risk of being diagnosed with cancer, although it is one of many risk factors

# Interdisciplinary Team Approach

- ▶ Physician
  - ▶ Pharmacist
  - ▶ Nursing Staff
  - ▶ Physiotherapist
  - ▶ Nutritionist
  - ▶ Family or caregivers
  - ▶ Dentist
  - ▶ Dental Hygienist
  - ▶ Denturist
  - ▶ Social worker
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# Common Dental Problems

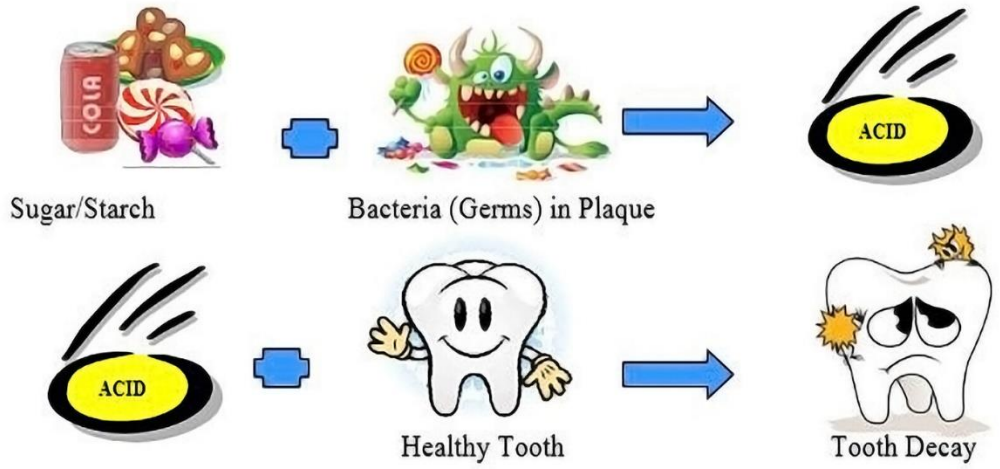
- ▶ Decay/cavity → hole in the tooth/teeth
  - ▶ Gum infection → pain and bleeding from gum
  - ▶ Bone infection → poor bone support → loose tooth/teeth
  - ▶ Tooth wear and root exposure
  - ▶ Broken/cracked teeth
  - ▶ Tooth pain and sensitivity to hot and cold
  - ▶ Lost filling and food impaction
  - ▶ Lack of saliva due to aging, medication, and other medical reasons
  - ▶ Problems related to dentures
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# Without good oral care, we are at risk for.....

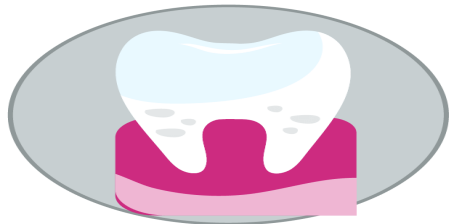
Tooth Decay  
Gum Disease  
Chronic Illnesses  
Dry Mouth  
Poor Nutrition  
Denture Problems  
Oral Cancer



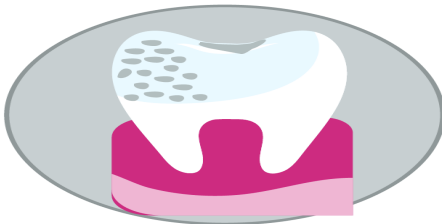
# The Process of Tooth Decay Formation



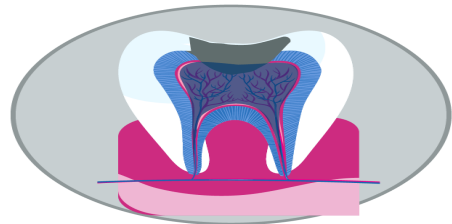
# Stages of Tooth Decay



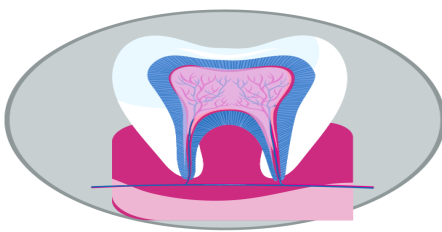
① White spots



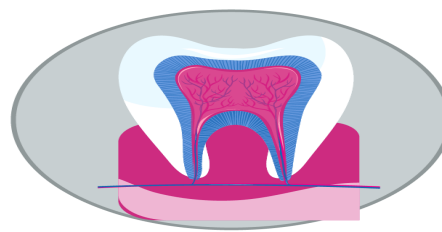
② Enamel decay



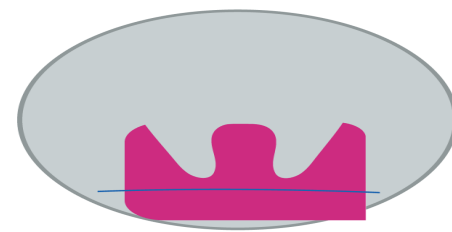
③ Dentin decay



④ Involvement of pulp



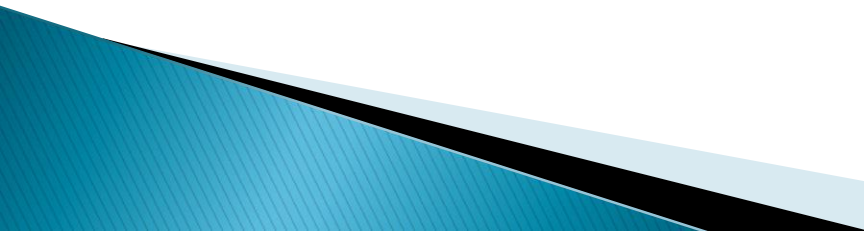
⑤ Abscess information



⑥ Tooth loss

Adapted from healthline

# Ways to Reduce Acid Attacks

- ▶ Eat no more than 3 meals and 2 snacks daily
  - ▶ Make water your beverage of choice
  - ▶ Include protein or fats each time you eat
  - ▶ Choose healthy snacks like vegetables, fruits, nuts, seeds, milk and alternatives, naan bread, tortilla, hummus, sushi etc.
  - ▶ Limit or avoid unhealthy sugary snacks, carbonated soft drinks and sports/energy drinks
  - ▶ Eat sweets only with meals
- 

# DENTAL DEPOSITS → GUM PROBLEM



Plaque is made up of food, bacteria and saliva. If plaque is not removed completely and regularly over the time, it converts into calculus or tartar. These deposits are responsible for gum problem, however gum problem does not have to be part of getting older.

## Gingivitis



### Signs and symptoms



Bad breath



Gums that bleed easily



Sensitivity to heat and cold

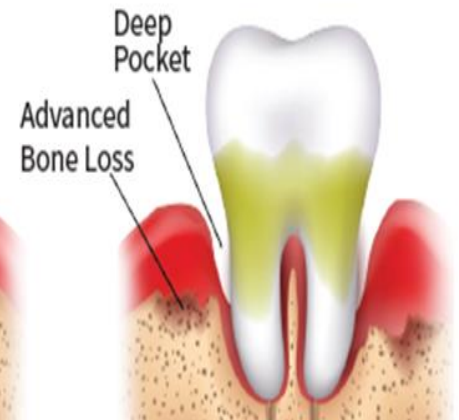


Tenderness or pain

## Periodontitis



## Advanced Periodontitis



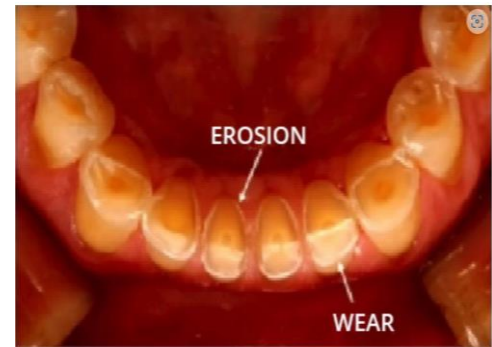


# Reasons for Root Caries

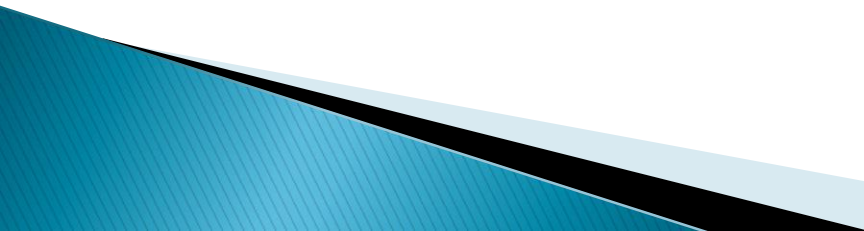
- ▶ Poor oral hygiene
- ▶ Poor eating habits (soft/carbohydrate rich diet)
- ▶ Difficulty brushing
- ▶ Less saliva/dry mouth
- ▶ Presence of partial Dentures
- ▶ Effect of forgetfulness



# Generalized wear



# Causes of wear

- ▶ Biting and chewing throughout the day create 13 – 30 pounds pressure on the teeth. If someone clench or grinds, it creates 10 times more force than normal.
  - ▶ Acidic substance in diet and fruits/fruit juice and other drinks
  - ▶ Faulty tooth brushing method
  - ▶ Loss of tooth enamel at the neck of the tooth, caused by tooth flexion/bending from biting forces
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# Medications and Oral Health

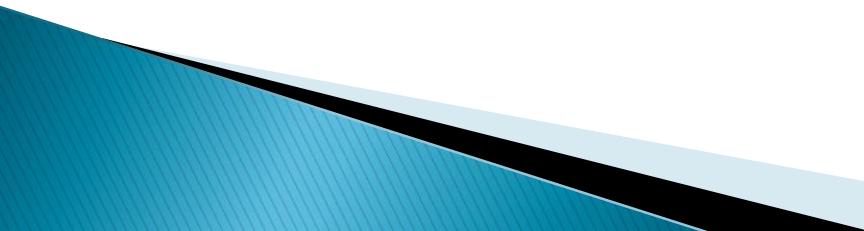


- ▶ Each medication including vitamins, minerals, and herbal medications have side effects
- ▶ These side effects can be bleeding or enlarged gums, changes to taste, sore and dry mouth
- ▶ Keeping the mouth clean and healthy is the first step to coping with side effects
- ▶ Seeing your dentist regularly, and immediately if you have a dental problem
- ▶ Health care professionals will guide you if you experience side effects

# Importance of Saliva

- ▶ Prepares and helps to swallow food
- ▶ Lubricates oral tissue, and helps with mechanical cleaning of the mouth
- ▶ Provides a balance between good and bad bacteria

## Symptoms and Signs of Dry Mouth


- ▶ Difficulty in speaking and swallowing
  - ▶ Constant sore throat and burning sensation
  - ▶ Cavities and gum problem
  - ▶ Feeling of dryness of the tongue and mouth
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# Dry Mouth – Natural Remedies

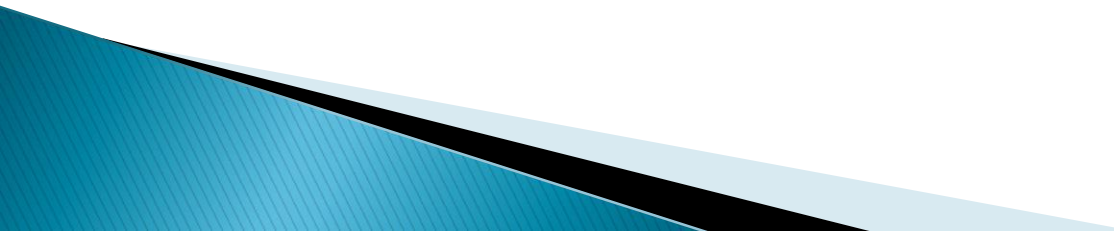
- ▶ Sip water throughout the day
- ▶ Water spray bottle, adding 4-5 drops of glycerin or Aloe to water, and spray into the mouth
- ▶ Sugarless candy – with aloe, xylitol, glycerin
- ▶ Alcohol-free mouthwash
- ▶ Frozen melon or cucumber
- ▶ Night time humidifier to moisten room air
- ▶ Avoid caffeine, alcohol and tobacco products
- ▶ Avoid sugary or acidic, spicy or too hot and cold foods



# Dental Hygiene Basics

- ▶ Make good dental hygiene a habit: Brush teeth twice daily for two minutes with soft tooth brush, and toothpaste with fluoride
  - ▶ Brush or scrape your tongue and massage oral tissues
  - ▶ Use mouthwash daily (homemade, antibacterial over the counter or prescription)
  - ▶ Use dental aids to clean in between the teeth
  - ▶ Regular check up and teeth cleaning by dental professional
  - ▶ Looking for common signs of gum problem
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# Other Hygiene Basics

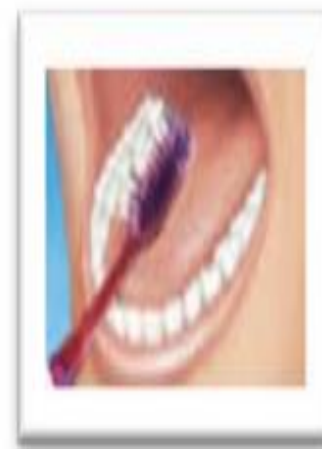
- ▶ Stop smoking
  - ▶ Limiting alcohol consumption
  - ▶ Avoidance of sugary or acidic, dry, spicy and excessively hot or cold foods
  - ▶ Avoidance of stress and anxiety
  - ▶ Adequate hours of sleep
  - ▶ Maintain a healthy lifestyle, keep your body and mind active
- 

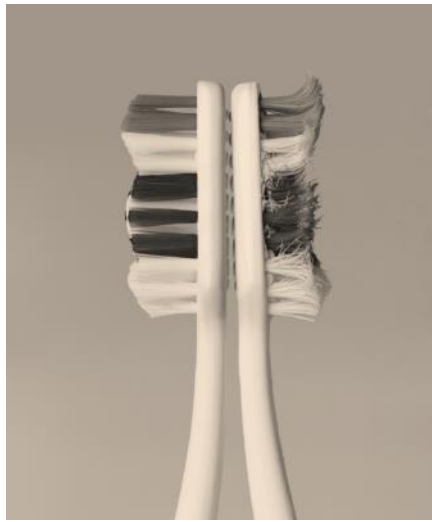


# Taking care of Implant

- ▶ Brushing at least twice a day with a soft-bristle toothbrush and low-abrasive tooth paste
- ▶ Brush under and around the implant crown
- ▶ Use of nylon coated interdental brush to clean hard-to-reach areas
- ▶ Floss daily with unwaxed tape or implant-specific floss
- ▶ Use a recommended oral irrigator







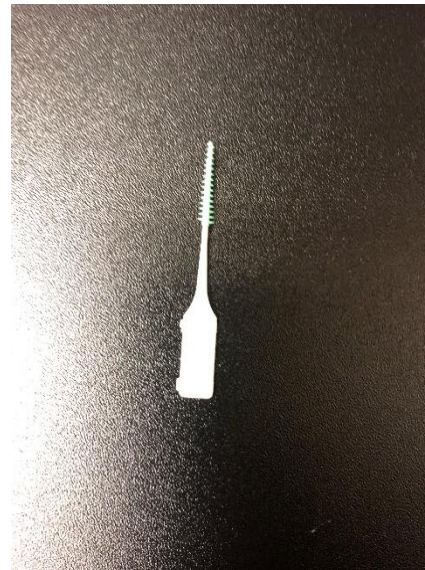
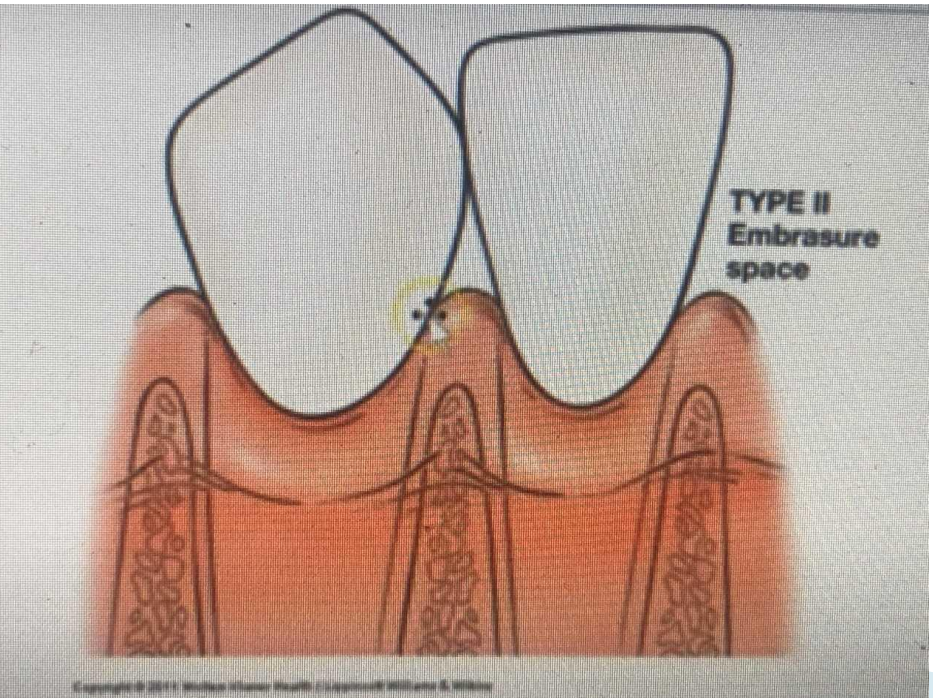
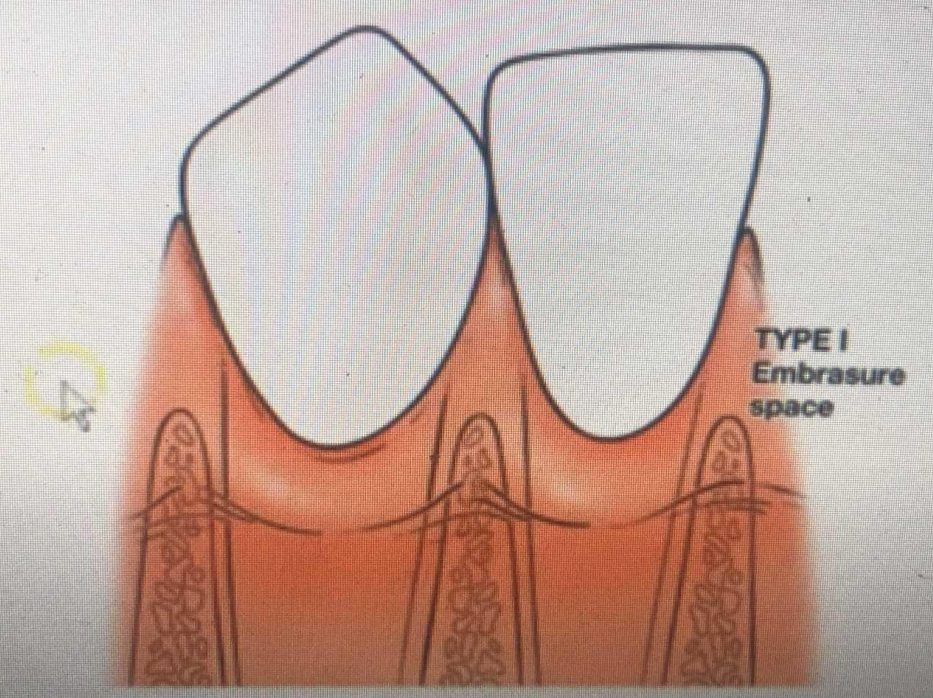
Modified brush

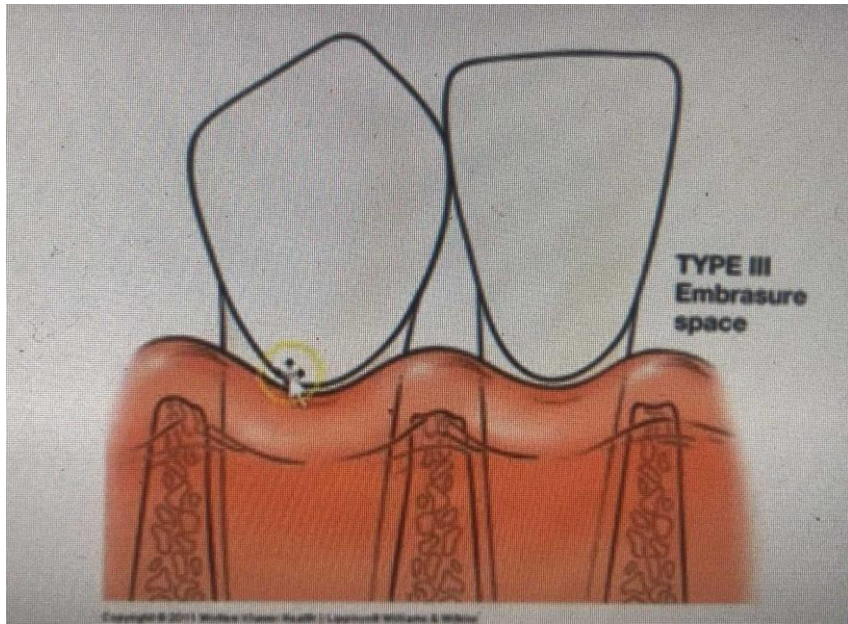


Modified brush



Electric brush



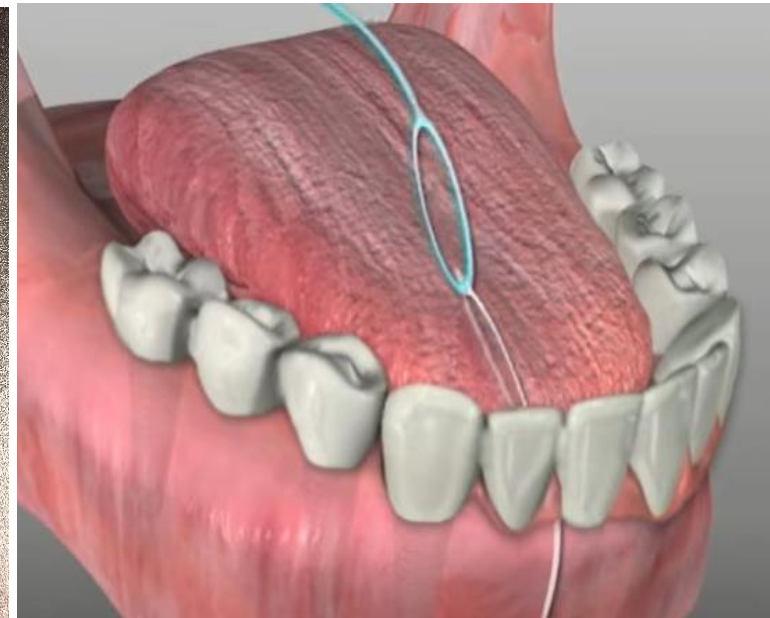
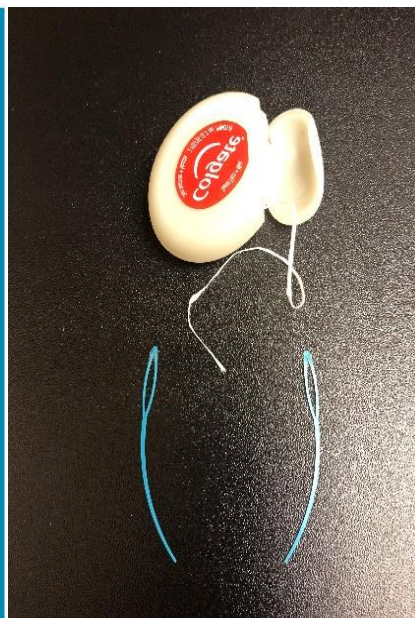


## Save Time with Flossing Alternatives - YouTube





## [How to Use a Floss Threader - YouTube](#)



# Power brush and water flosser

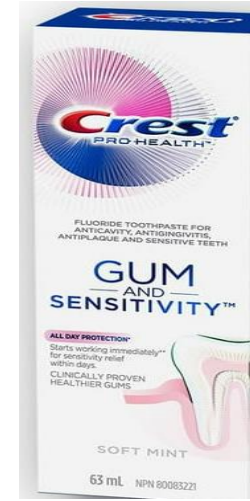
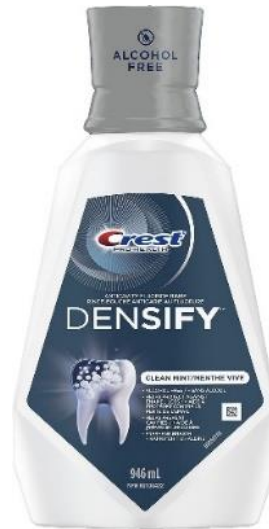


# Tooth paste for cavities and gum problem





# Tooth paste for sensitivity and stain

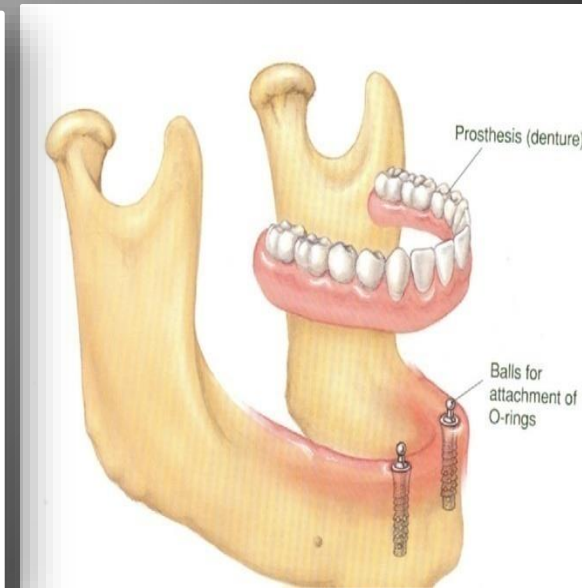


# Mouthwash



# If you use dentures...

- ▶ Even if a person has no natural teeth, a dental exam once a year is recommended.
- ▶ Dentures or partials will warp or lose shape if allowed to dry out – store in a denture cup with water
- ▶ Call the dentist with any irritated areas in the mouth or mouth sores
- ▶ Dentures should be brushed daily with a soft bristle toothbrush.



# Denture Care

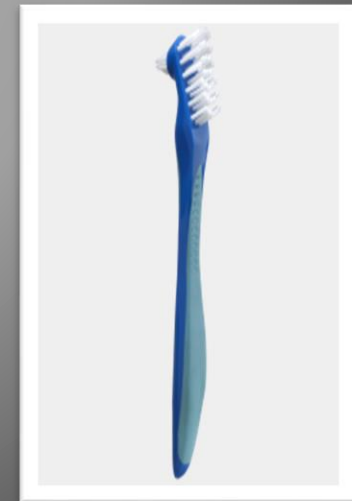
To use

- ▶ soap and water
- ▶ Baking powder
- ▶ Denture adhesive



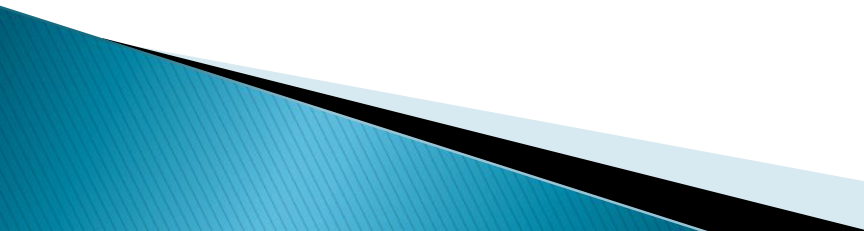
Not to use

- ▶ Tooth Paste



# Denture Related Soreness

Oral tissue changes over time, it becomes thin, smooth, and loses it's elasticity

- ▶ Remove denture at intervals and during night time to rest the oral tissue
  - ▶ Use denture adhesive
  - ▶ Clean and properly store the denture
  - ▶ Gargle with warm salt water after each meal
  - ▶ Avoid citrus, salty, spicy and hard crunchy food
  - ▶ Consume soft, cooked and easy to swallow diet
  - ▶ See the dentist if it doesn't heal in 2-3 weeks
- 

# STEP BY STEP

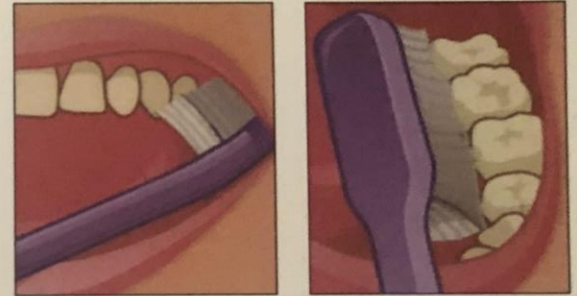
## Oral Care for Caregivers

1



Assemble supplies

4



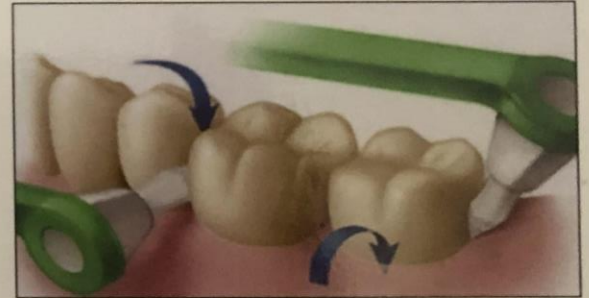
Brush teeth inside and out and rinse

2



Choose comfortable location

5



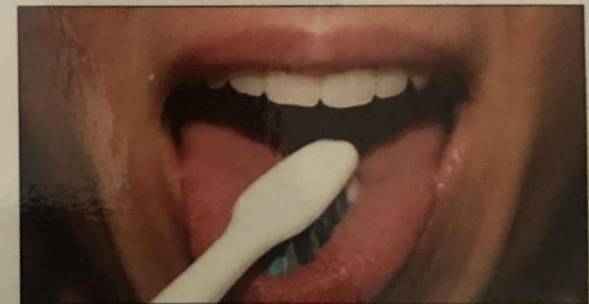
Clean between teeth

3



Use pea-size amount of toothpaste

6



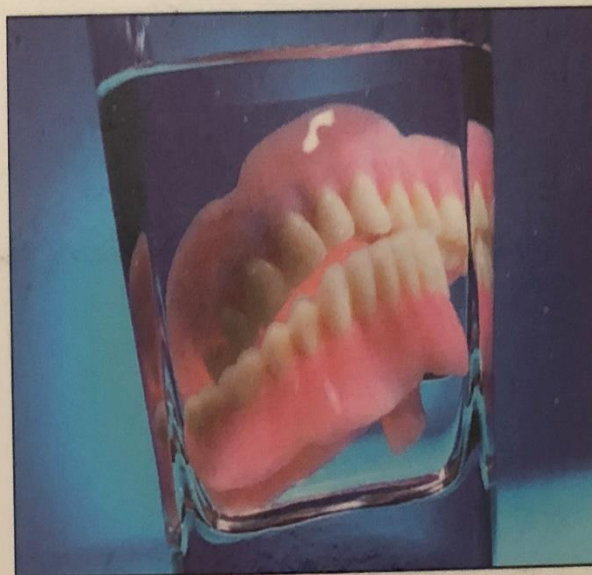
Brush or scrape tongue back to front and rinse

# DENTURE CARE

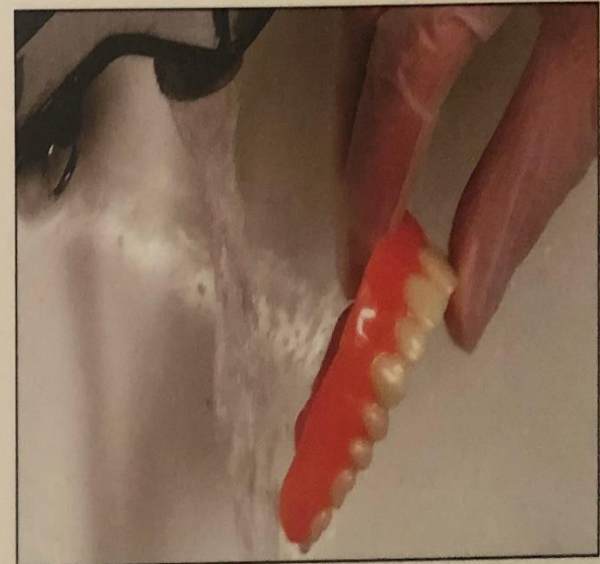
To remove bacterial plaque, prevent infection and promote comfort



1. Remove and clean dentures



2. Soak in water when not in use



3. Rinse before returning to mouth

**odha**

Ontario Dental Hygienists' Association

[www.odha.on.ca](http://www.odha.on.ca)

# Oral cancer – Early detection

Early detection is the key to increase the survival rate, so self check is as important as a dental professional check. Reducing tobacco use and excessive alcohol intake are critical for preventing oral cancers.

## [Self Examination | Mouth Cancer Foundation](#)

- Sore in the mouth that doesn't heal
- A lump in the mouth or throat or on the lip
- A white or red patch on the gums, tongue, mouth
- Bleeding, pain, or numbness in the mouth
- A sore throat that does not go away
- Difficulty or pain when chewing or swallowing
- Swelling of the jaw
- A change (hoarseness) in the voice
- Pain in the ear
- Stiffness of mouth and jaw
- Weight loss



**“Aging is not ‘lost youth’ but a new stage of opportunity and strength.”**

Betty Friedan

**“Old age has its pleasures, which, though different, are not less than the pleasures of youth.”**

W. Somerset Maugham

**Thank you!**





# References

- ▶ [https://www.cdho.org/docs/default-source/pdfs/oral-health/rpt/oralhealthmatters\\_gumdisease.pdf?sfvrsn=beac84a0\\_24](https://www.cdho.org/docs/default-source/pdfs/oral-health/rpt/oralhealthmatters_gumdisease.pdf?sfvrsn=beac84a0_24)
- ▶ [www.dentalhygienecanada.ca](http://www.dentalhygienecanada.ca)
- ▶ [www.odha.on.ca](http://www.odha.on.ca)
- ▶ <https://www.healthline.com>
- ▶ <https://www.Canada.ca/en/public-health/topics/oralhealth>
- ▶ [Caring for Your Teeth, Gums & Dentures – City of Toronto](#)
- ▶ [Home \(smokershelpline.ca\)](http://smokershelpline.ca)