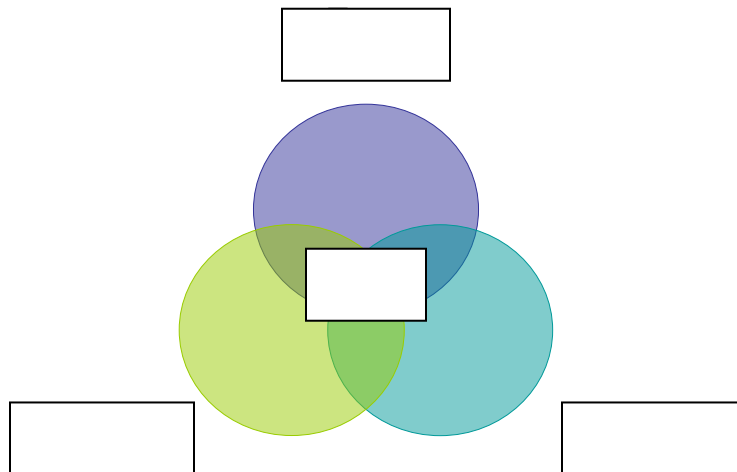




Oral Health Care for Older Adults

1. The Link between Gum Disease and Total Body Health: Chronic Inflammation
 - Heart Disease
Elevated C-Reactive Proteins → 3 times more likely to have a heart attack
 - Respiratory Infections
Aspiration of bacteria from Gum Infection
 - Type 2 Diabetes
Less blood sugar control
2. Oral Health = Oral Balance



3. Gum Disease and Chronic Infection
 - Gingivitis → Periodontitis
4. Xerostomia – Dry Mouth
 - Difficult speech
 - Cannot digest food as well
 - Cannot chew and swallow easily
 - Irritation of tongue and mouth tissues
 - Tissue becomes fragile and at risk for injury
 - Cannot wear dentures comfortably

- Cannot self-cleanse mouth – high risk for gum disease
- Cannot neutralize acid attack – high risk for decay
- Limited remineralization
- Limited Antibacterial and Antifungal defense – high risk for Candidiasis

5. Xylitol – 3 to 4 times a day

- Reduces cavity causing bacteria ability to stick on to teeth
- Neutralizes plaque acids by decreasing lactic acid
- Reduces cavity causing bacteria and reduces cavities up to 80%
- Helps with tooth remineralization
- Reduces gum disease
- Helps with dry mouth
- May eliminate the cause of bad breath

6. Simple Suggestions

- Food choices and snacking

- Choosing the right hygiene for the individual

- Boosting the Defenses

- Continuous Assessment

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