

# Looking after your mouth as you age

## Why should you look after your teeth and mouth?

Healthy teeth can help to improve your:



- self-esteem
- ability to eat



- the smell of your breath
- risk of tooth decay



- speech
- risk of bleeding gums



- risk of dental pain
- overall health and wellbeing

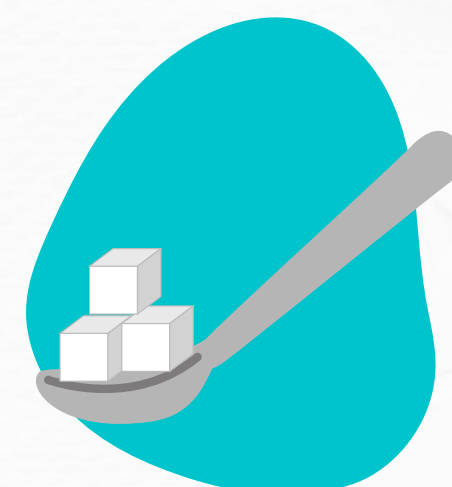
## How can alzheimers and Parkinsons impact oral health?

Medications or chronic medical conditions, such as Parkinson's or Alzheimer's disease, **can affect taste.**

An altered taste sensation can **cause sugar cravings.**

The more sugar in your food, the **greater the risk of tooth decay.**

Tooth decay can destroy teeth.



## Drink water

Aging can also decrease the production of saliva. A dry mouth is common for many seniors, and not drinking enough water or other liquids can worsen the problem.



## Brushing and flossing



Brushing and flossing helps to prevent plaque (bad bacteria) from forming. Plaque can damage your teeth.



# How much sugar is in that?



Soft Drink (375ml can) | 7 - 9 teaspoons



Flavoured Milk (300ml) | 7 teaspoons



Glass of Fruit Juice | 6 teaspoons



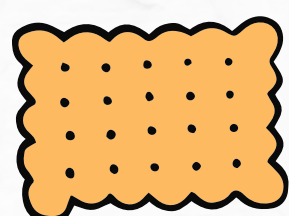
Glass of Cordial | 5 - 6 teaspoons



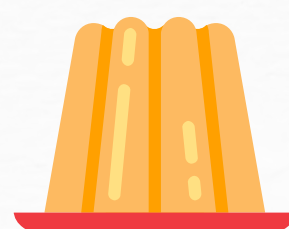
Slice of Cake | 6 teaspoons



Blueberry Muffin | 8 teaspoons



Sweet Biscuit | 2 teaspoons



Jelly (135g pot) | 5 teaspoons



Chocolate Bar | 5 - 7 teaspoons





north richmond  
community health

# 5 tips to look after your teeth and mouth



1

Choose tap  
water



Rinse mouth with water  
after meals

2

3

Limit frequency  
of sugary food  
and drinks



Use fluoride  
toothpaste to brush  
every morning and  
night

4

5

Floss daily

