



Healthy Ageing

Be Wise about your Oral Health !

Good oral health is essential for healthy ageing and a healthy mouth will improve general well-being and quality of life.



www.dentalhealth.ie



Dental Health Foundation
Ireland

**For tips please
turn over**



HEALTHY AGEING

Visit your dental team once a year, even if you have no teeth of your own, for advice and a check up to prevent tooth decay, gum disease and bad breath.

Tooth Tips

- 😊 Always brush teeth twice a day at bedtime and one other time for 2-3 mins 
- 😊 Use a soft/medium toothbrush with a fluoride toothpaste (at least 1,000ppm)
- 😊 Spit, don't rinse after brushing
- 😊 Floss daily. Ask your dental team for advice on technique
- 😊 If you wear dentures, clean them daily. Use a soft toothbrush to clean your tongue and roof of your mouth
- 😊 Change your toothbrush when bristles are worn

Diet

- 😊 Choose healthy snacks and drinks between meals such as whole fruits. Limit sweets, chocolate, biscuits and sugary drinks to mealtimes 
- 😊 Unflavoured milk and water are the best drinks 
- 😊 Limit fruit juice or fruit smoothies to a small glass once a day, with a meal and always choose unsweetened
- 😊 Read food labels for sugar content. Less than 5g per 100g is low sugar.
- 😊 Choose sugar free medicines

General Tip

- 😊 Saliva substitutes and sipping ice water can help relieve dry mouth.
- 😞 Smoking and alcohol are risk factors for mouth cancer 