

AGING AND ORAL HEALTH

DRY MOUTH and TOOTH DECAY

According to the Centers for Disease Control and Prevention (CDC), oral pain, difficulty eating (due to missing teeth, ill-fitting dentures, cavities and gum disease) and tooth loss, dry mouth are all signs of oral health problems in aging adults.

- ◆ PRESCRIPTION MEDICINE ◆ OVER THE COUNTER MEDICINE ◆ RADIATION
- ◆ TRAUMA ◆ NOT ENOUGH FLUID INTAKE ◆ SEASONAL ALLERGIES
- ◆ MOUTH BREATHERS ◆ SNORING ◆ SMOKING ◆

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What problems could DRY MOUTH cause?

- 1) Increased tooth decay (cavities)
- 2) Periodontal (gum) disease
- 3) Bad breath
- 4) Poor taste of food
- 5) Difficulty swallowing
- 6) Tongue feels sore or uncomfortable
- 7) Burning feeling in mouth
- 8) Sticky feeling in mouth

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How can we help you?

- 1) Speak to your doctor about changing your medication if possible
- 2) Use a fluoride containing tooth paste
- 3) Use a non-sugar containing saliva substitute
- 4) Saliva stimulant
- 5) Alcohol free mouth rinse
- 6) Use topical fluoride on your teeth at night , before you go to bed to help prevent tooth decay
- 7) **Make an appointment for a comprehensive evaluation**
- **8) Oral exam and consultation 973-325-9000**

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