

Brushing & Flossing

- Brush twice daily
- For a minimum of 2 minutes
- Using a pea-sized amount of toothpaste, if the toothpaste is causing discomfort brush with water instead
- Angle the bristles toward the gumline
- A toothbrush with a larger handle or an electric toothbrush could be easier to hold
- Remove dentures to sleep and clean and care for dentures regularly
- Floss once daily, preferably before bedtime
- Wrap the floss around each tooth in a C-shape and gently hug each tooth to remove plaque and food
- A water flosser or floss piks could be easier to hold



Hydrate & Diet

- Drink plenty of water to help wash away food and decrease dry mouth
- Limit sugary drinks and sticky foods
- Avoid heavy use of alcohol and tobacco



Dental Home

- Visit your dental home regularly
- Part of a routine dental visit is an oral cancer screening
- More than 2 cleanings per year may be needed to maintain the health of your teeth and gums
- Discuss solutions for tooth loss, tooth sensitivity, dry mouth, and receding gums with your dental provider



Dental Fast Facts

- 1 in 5 adults aged 65 and older have untreated cavities
- Flossing 1 time per day can increase your life expectancy by 6 years
- Brushing alone only removes between 28-53% of plaque and food
- 3 in 5 aged 65 and older adults have gum disease
- Seniors are at higher risk for oral health problems, including tooth loss and infections
- Dry mouth can affect 30% of adults over 65 years and 40% of adults over 80 years.
- Dry mouth is a common side effect of many medications.
- Cancers of the mouth are primarily found in older adults: 63 years old is the average age

Fact or Fiction

Myth: Only school kids get cavities.

Fact: Tooth decay can develop at any age.

Myth: Gum disease is just a part of growing older.

Fact: Gum disease is preventable, and it does not have to be a part of getting older.

Myth: Dry mouth is a natural part of the aging process.

Fact: Dry mouth is not a part of the aging process itself; it's important to find the cause of dry mouth to get relief.

Myth: Only chewing tobacco causes mouth and throat cancer.

Fact: All types of tobacco increase the risk of getting these cancers.

Myth: Gum disease and tooth loss are a part of getting older.

Fact: Gum disease and tooth loss are preventable and do not have to be part of getting older. It is very possible to keep all your teeth your entire life.



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