

Welcome!

2018 AURORA SENIOR FORUM



Commission for Seniors
Aurora Center for Active Adults

2018 Senior Forum sponsored by

Chris W. Gordon
Attorney
Estate Planning
& Elder Law



Why Should I Care About My Teeth??

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What I will cover

Causes of tooth loss:

1. Cavities
2. Periodontal disease

Oral cancer

How to brush and floss effectively

Why do I need to see a dentist?

- Prevent tooth loss
 - Cavities
 - Periodontal disease
 - “If my teeth fall out, I’ll just get dentures”
- Oral cancer
 - Early detection
 - Early treatment

How do I lose my teeth?

- Two main causes:

1. Cavities



2. Periodontal disease



What are cavities?

- Also known as
 - Decay
 - Caries
- Caused by bacteria on the teeth
 - Not brushing long enough
 - Not cleaning between the teeth



Photo: D. Bratthall

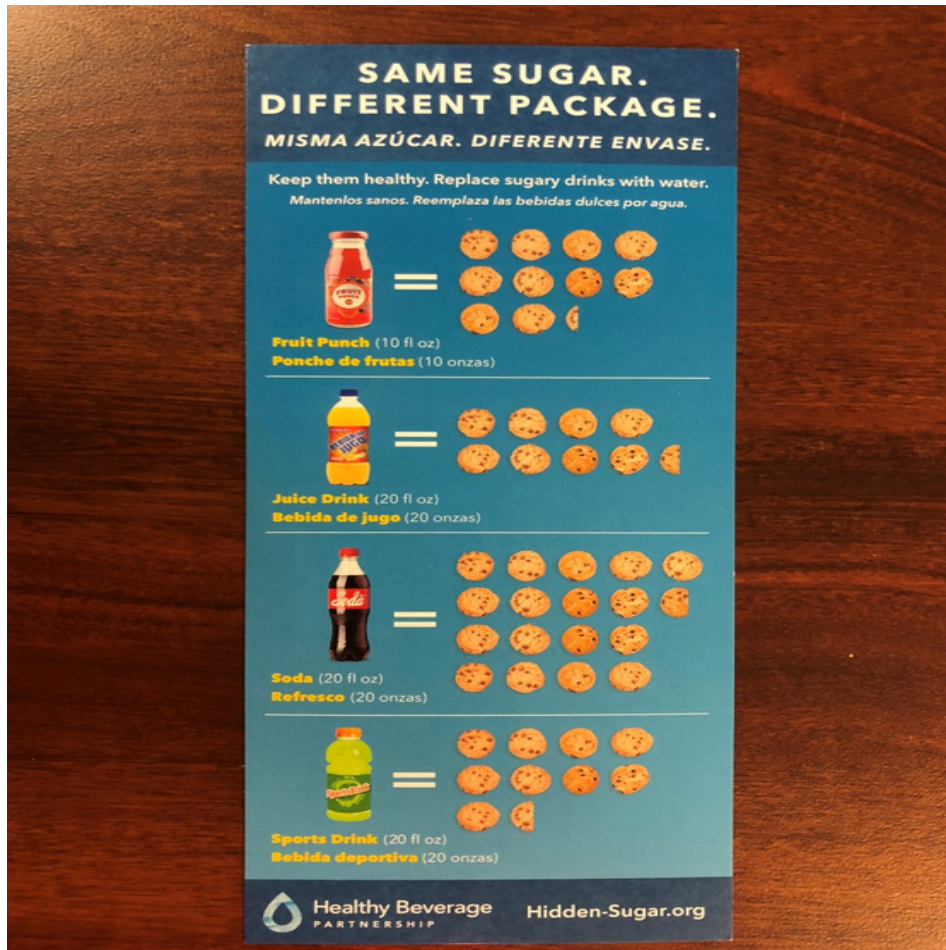
Seniors don't get cavities... do we???

YES--Seniors get cavities

- Dry mouth
 - medications
 - age
 - diseases
- Decreased dexterity
- Declining vision
- Dementia
- Sugary foods/drinks



Don't be fooled



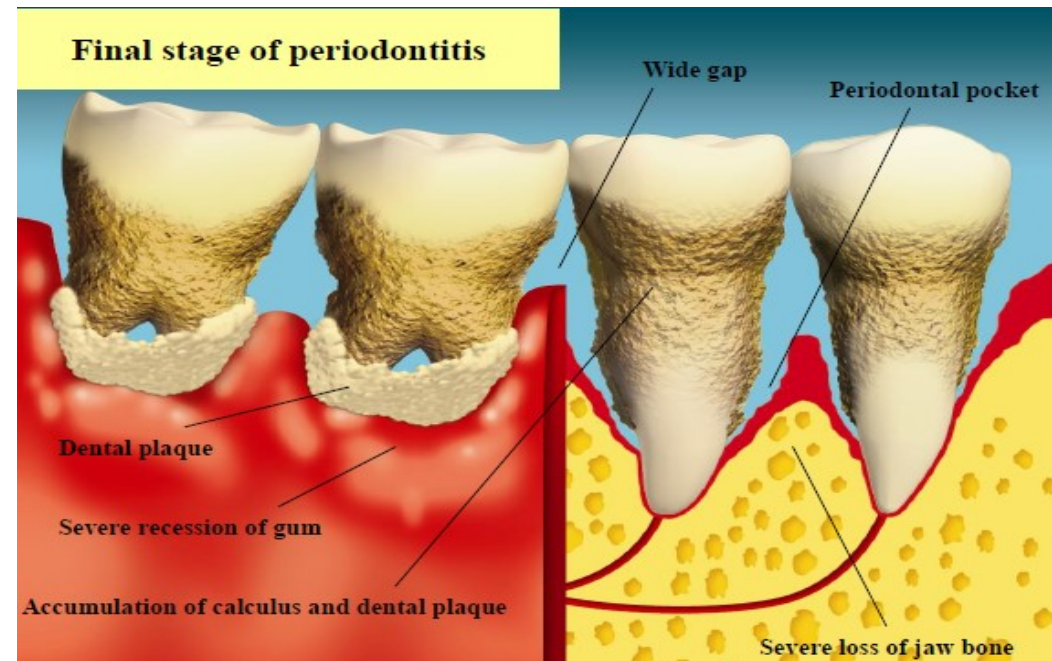
- Sugar comes in many forms
- Diet sodas/drinks
 - No sugar
 - High acid content
 - Can erode enamel
 - Can lead to cavities

What is periodontal disease?

- Also known as
 - Gum disease
 - Periodontitis
 - “pyorrhea”
- Gum recession
- Bone loss



Eww—periodontal disease!



So what does periodontal disease have to do with me?

- Can make other diseases worse
- Other diseases can make it worse



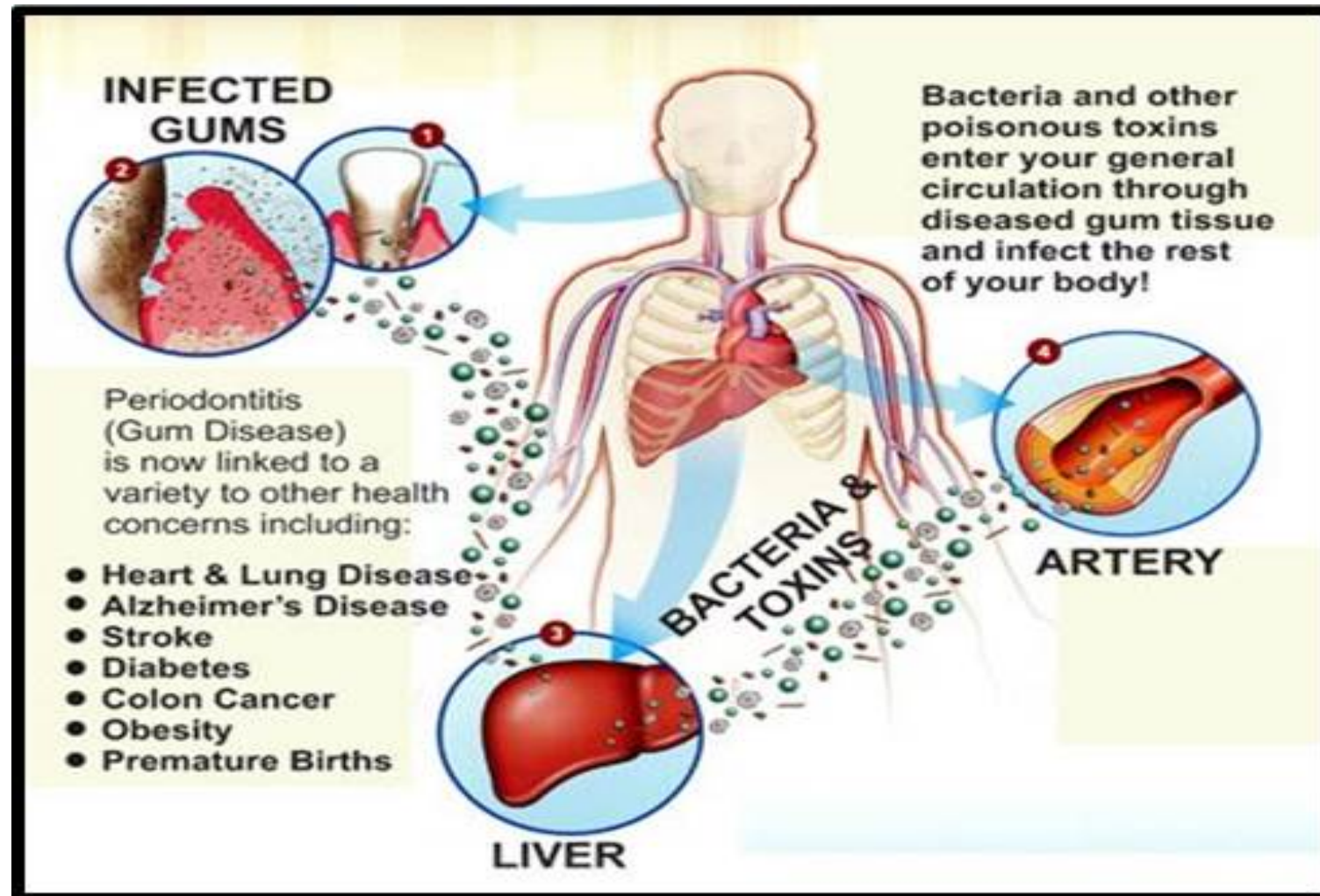
Why do some people get periodontal disease?

- 23% of people 65-74 years old
- Usually no pain—don't know you have it
- Risk factors:
 - Smoking/tobacco use
 - Genetics
 - Age
 - Stress
 - Clenching or grinding teeth

My teeth can affect my general health?

- Inflammation
- Body's immune system
 - Body's response to bacteria
 - Bleeding
 - Swelling
 - Redness

How does that happen?



Seriously? Yes—seriously!

Examples

- Diabetes $\leftarrow \rightarrow$
- Heart disease $\leftarrow \rightarrow$
- Osteoporosis
- Alzheimer's disease
- Stroke
- Respiratory disease
- Certain cancers (kidney, pancreatic, blood, colon)

Oral Cancer

- 42,000 cases diagnosed in U.S. every year
- ~10,030 people die every year
- 2.9 % of all cancers in U.S. are oral cancer
- 5-year survival rate is
 - 56% in Caucasians
 - 34% in African-Americans

It can look like this



And this



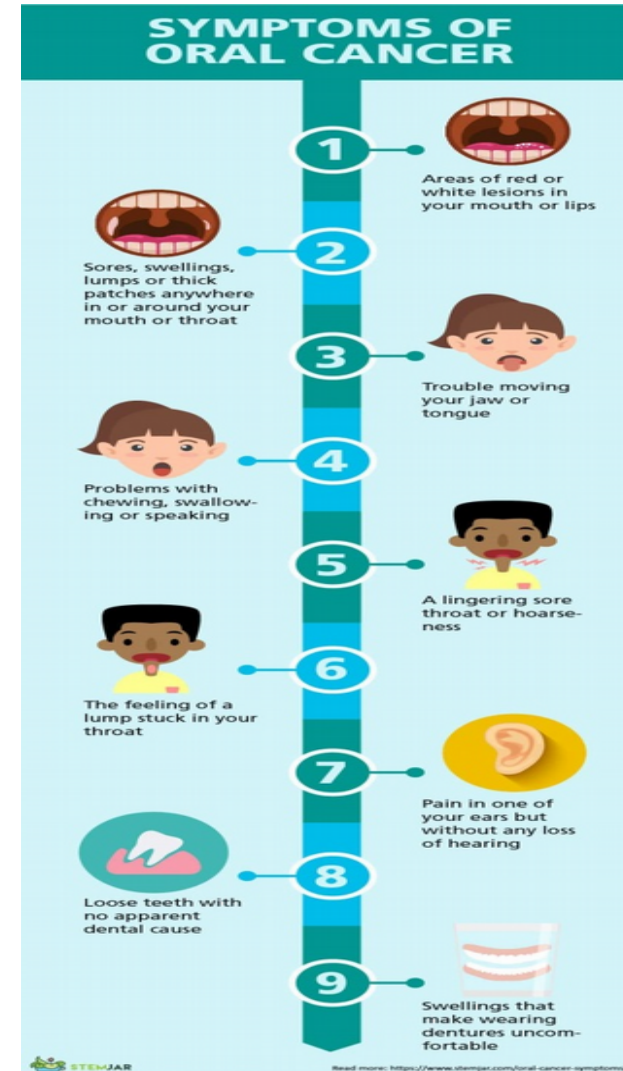
Who gets oral cancer?

- Men twice as many cases as women
- Smoking
- Excessive alcohol consumption
- Over age 50
- Poor diet

What can I do?

Things to look for:

- Irritation that doesn't go away
- Red or white patches
- Pain, tenderness, numbness in lips
- Lump, thickening, rough spot, crust, or erosion
- Hard to chew, swallow, move tongue, or speak



I've been brushing since I was a kid...

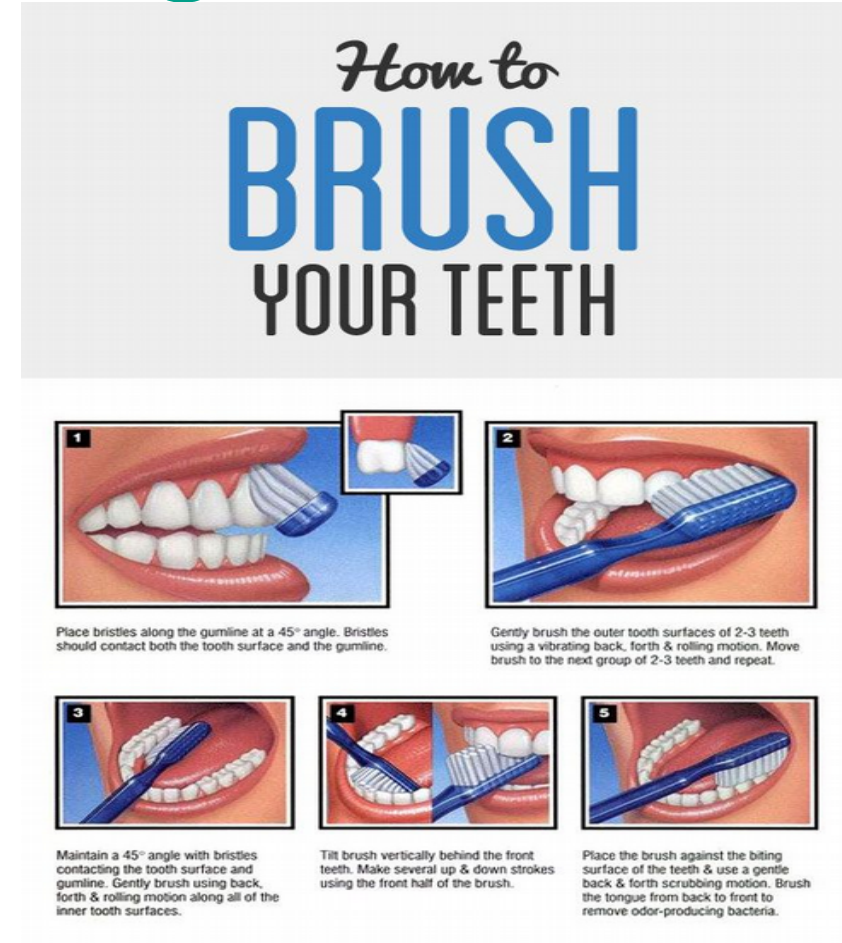
Proper technique for brushing:

- soft toothbrush
- twice a day (morning and night)
- 2 minutes each time
- angle the brush bristles toward the gums and wiggle the brush

I just need to brush the fronts of the front teeth, right?

Brush, brush, brush

- the front teeth
- the back teeth
- the outside by the cheek
- the inside by the tongue
- the chewing surfaces



Yep. Dental hygienists *ALWAYS* fall for
this one.



Floss--Ugh, such a “dirty” word...

- It doesn't matter:
 - what kind of floss you use; use what you like.
 - how you hold the floss.
 - what time of day you floss; floss when it works best for you.
 - if you floss before or after you brush; do what works best for you.

It's not a broken yo-yo



So how do I floss effectively?

- **Wiggle** the floss to get it between the teeth.
- **Hug** the tooth with the floss
 - (don't wrap it all the way around the tooth)
- **Rub** *up and down* on the side of the tooth several times
 - (don't forget to do both teeth in that space)
- Move to the next space between the next two teeth

"Only floss the
teeth you want
to keep!"

If you have trouble flossing, ask your dental hygienist or dentist for advice.

So....why should I care about my teeth?

- Because you want to keep your natural teeth forever!!
- And dental professionals want to help you do that

"In the end, it's not the years
in your life that count;
it's the *life* in your years."

Abraham Lincoln

Isn't it obvious now?



Thanks for being here today