



Keep Your Teeth for Life

Dental Health for Seniors

Healthy Mouth, Healthy Body

Dental care is important for seniors because bacteria in the mouth from oral disease may contribute to other health problems such as heart disease, stroke, respiratory diseases, and diabetes.

Tips for good dental habits:

- Brush your natural teeth and tongue after breakfast and before bedtime
- Use a soft toothbrush with no more than a pea size amount of fluoridated toothpaste
- Floss daily before bedtime
- Brush your dentures after each meal
- Remove your dentures at night to let the tissues breathe
- To ensure the health of your tissues and gums, a regular check-up is needed even if you have very few remaining teeth or no natural teeth
- If your mouth is often dry we recommend you talk to a dentist about ways to help keep your mouth moist
- Check your mouth regularly for signs of gum disease such as red, swollen and bleeding gums
- Check your mouth regularly for signs of oral cancer such as any abnormal growths or lesions that last for more than 2 weeks
- Avoid tobacco products. They will stain your teeth and tongue, cause bad breath, and increase your risk of developing oral cancer
- Visit the dentist regularly or when you have any concerns

Tips for good eating habits:

- Eat healthy food and snacks like fruits, vegetables, cheese and drink white milk
- Drink tap water between meals
- Limit juice to special occasions as the natural sugar found in juice causes cavities
- Avoid soft drinks, sport drinks, energy drinks, flavoured milks, iced teas, lemonades, cocktails, and punches. They are loaded with sugar and drinking them frequently can lead to cavities
- Limit the sugar in your tea or coffee
- Avoid sucking on candy or chewing gum for a long period of time
- Limit alcohol, it increases the risk of oral cancer



Need more information?

Talk to your dentist or dental hygienist or
call Ottawa Public Health at
613-580-6744.