



### Dental Care for Elders

**Fact:**

Everyone deserves good dental care.

**Fiction:**

It's a myth that tooth loss is age-related.

**Prevention:**

Good dental care can preserve healthy teeth and gums for life.

**Treatment:**

If the elderly are missing teeth, full or partial dentures may be needed to avoid malnutrition.

Brushing, flossing and regular dental checkups are important regardless of age. But certain points apply particularly to the elderly.

### What You Need to Know

- Poor oral health, gum disease or loss of teeth is not age-related. People can have healthy teeth and gums throughout a long life.
- Elderly people need preventive care (such as checkups) and restorative oral health care (such as fillings) just as younger people do.
- People who are missing teeth need dentures (complete or partial) to avoid potential nutritional deficiencies.
- Toothless gum ridges should be massaged with a finger when the mouth is cleaned.
- The tongue should be cleaned thoroughly as well.
- If the person has dentures, they must be brushed and cleaned after every meal.

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