



Seniors +60 years

Recommendations

01. **"Hydration** helps your smile — stay hydrated to combat dry mouth!"
02. **"Keep smiling:** Regular dental visits detect and prevent oral health issues."
03. **"Dentures deserve care** — clean them daily for comfort and hygiene."
04. **"Eat better, chew better:** Protect your teeth for a balanced diet."
05. **"Oral cancer screening saves lives** — schedule yours today."
06. **"Fluoride isn't just for kids** — seniors benefit too!"
07. **"Adapt your brushing routine** with ergonomic tools for easier care."
08. **"Protect your gums:** Address periodontal issues early."
09. **"Quality of life starts with your smile** — don't neglect it."
10. **"Prevent infections** — oral hygiene impacts overall health."

Takeaway messages



Older adults are at higher risk for periodontal disease, but it can be prevented with proper oral care.



Dry mouth from medications, systemic conditions and body's natural physiology is a common issue.



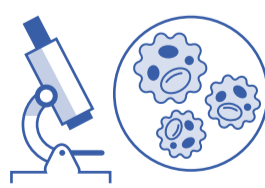
Increase in root cavities is expected in elderly population due to less access to dental care.



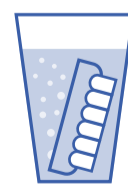
Poor dexterity and cognitive decline can hinder oral hygiene routines.



Edentulism significantly impacts nutrition, speech, and social interaction.



Oral cancer risks increase with age, highlighting the need for regular screenings.



Proper care of dentures and oral hygiene tools is essential for seniors.