

# MOUTH CARE IS IMPORTANT!

## FAMILIES & FRIENDS: Make the Mouth - Body - Health Connection!

### MOUTH CARE FACTS

#### A DAILY MOUTH CARE ROUTINE:

- Helps prevent painful teeth and bleeding gums
- Makes for a healthy smile with fresh breath

#### A PAIN-FREE MOIST MOUTH:

- Improves chewing ability and food choices
- Reduces risk of tooth decay, gum disease, mouth sores & infections

#### A DRY MOUTH BENEFITS FROM:

- Mouth moisturizer, special toothpaste, alcohol-free rinses & fluoride
- Frequent sips of water, ice chips, sugar free treats & drinks

#### A CARED FOR MOUTH NEEDS:

- A mouth care plan with the right products
- Regular dental check-ups, for those with or without teeth



Ask how YOU can help



## DID YOU KNOW?

**Mouth infections can enter the blood stream  
and affect overall health**

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**Infected gums can equal a hidden sore  
the size of the palm of your hand**

.....  
**Mouth sores that do not heal  
could be oral cancer**

#### GOOD ORAL CARE CAN:

- Reduce the risk of pneumonia
- Help control blood sugar levels
- Help prevent heart attack & stroke

### HELPFUL PRODUCTS

#### BASICS FOR TEETH & MOUTH TISSUES:

- toothbrush with soft bristles, small head & large handle
- toothpaste with fluoride
- water-based lip moisturizer

#### BASICS FOR DENTURE WEARERS:

- hard bristled, 2-headed brush for dentures
- liquid hand or dish soap for dentures
- denture cup & disinfecting denture tablets
- toothbrush with soft bristles for mouth tissues
- water-based lip moisturizer

#### OPTIONS AS NEEDED:

- floss & floss holder, proxabrush, or end tuft brush to clean between teeth
- tongue cleaner
- mouth rest or 2nd brush for propping
- 3-sided time-saving toothbrush
- powered toothbrush
- small clasp brush for partial dentures
- professionally recommended products



Check the **PRODUCT** Handout

Winnipeg Regional Health Authority Oral Hygiene Working Group •  
University of Manitoba Centre for Community Oral Health and  
School of Dental Hygiene • Alzheimer Society of Manitoba