

# Active Seniors

## Common problems and Oral Care Tips



*Knowing how to manage your oral health depending on your stage in life means you can make informed decisions about helping your teeth last a lifetime.*

### Active Seniors

- Healthy, active older adults

### Dependent Seniors PLUS

- Active older adults with one or more chronic disease

### Overview

As an Active Senior, you are healthy with no chronic disease, like to keep fit, look good and feel great while enjoying an independent life.

Move up to the Active Seniors PLUS if you are independent but have a chronic disease such as diabetes, cardiovascular disease or arthritis and require medication. You will require special attention for your oral health as well.

### Common Problems Checklist

	YES	NO
1. Pain or discomfort in your teeth or gums	<input type="checkbox"/>	<input type="checkbox"/>
2. Dentures do not fit properly	<input type="checkbox"/>	<input type="checkbox"/>
3. Loose teeth	<input type="checkbox"/>	<input type="checkbox"/>
4. Swollen or bleeding gums	<input type="checkbox"/>	<input type="checkbox"/>
5. Sharp / broken teeth	<input type="checkbox"/>	<input type="checkbox"/>
6. Problems with chewing	<input type="checkbox"/>	<input type="checkbox"/>
7. Pain restricts what food you can eat	<input type="checkbox"/>	<input type="checkbox"/>
8. Pain when having hot or cold food/drinks	<input type="checkbox"/>	<input type="checkbox"/>
9. Bad Breath	<input type="checkbox"/>	<input type="checkbox"/>
10. Dry mouth	<input type="checkbox"/>	<input type="checkbox"/>
11. Any lesion in the mouth (persistent white/ red spots/ patches/ ulcers/new lumps)	<input type="checkbox"/>	<input type="checkbox"/>
12. Any ongoing medical condition	<input type="checkbox"/>	<input type="checkbox"/>

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## Oral Health Habits for Active Seniors and Active Seniors Plus

- Brush twice a day using a soft, slim tip bristle toothbrush
- Use a fluoridated toothpaste (1,000ppm or above)
- Floss or use an interdental brush daily
- Rinse daily with an antiseptic mouthwash
- Visit the dentist at least every 6 months (twice a year) for teeth cleaning and caries prevention with fluoride gel/varnish treatment



### Additional care for Active Seniors Plus

- Discuss options to alleviate dry mouth symptoms e.g. a saliva substitute or Dry Mouth Relief rinse
- Alcohol-free mouthwash



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## Other recommendations

### Active Seniors

- Tell your dentist about any concerns you have about your general health as it can impact your oral health
- Your dentist may suggest caries preventive treatment such as a high fluoride varnish application
- Have a healthy balanced diet
- Exercise regularly
- Ask your dentist about oral hygiene care
- Avoid smoking

### Active Seniors PLUS

- Tell your dentist about your medical condition and any changes in your medication as it can impact on your oral health
- Your dentist may suggest caries preventive treatment such as a high fluoride varnish application
- Drink more water
- Have a healthy balanced diet
- Exercise regularly
- Ask your dentist about proper oral hygiene care
- Avoid smoking



Dentist's info:

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