

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

Active 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	☐	☐
2. Dentures do not fit properly	☐	☐
3. Loose teeth	☐	☐
4. Swollen or bleeding gums	☐	☐
5. Sharp / broken teeth	☐	☐
6. Problems with chewing	☐	☐
7. Pain restricts what food you can eat	☐	☐
8. Pain when having hot or cold food/drinks	☐	☐
9. Bad Breath	☐	☐
10. Dry mouth	☐	☐
11. Any lesion in the mouth (persistent white/ red spots/ patches/ ulcers/new lumps)	☐	☐
12. Any ongoing medical condition	☐	☐

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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



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: