



Healthy Smiles for Elders

The mouth and body connection is strong. Having a healthy smile is more than just looking good. Gum disease has a direct link to diabetes and heart disease. Caring for our teeth and gums helps to keep our body healthy.



When you have your annual health check, it is important to book into the dental clinic too. Have your teeth and gums checked every year. See the dentist earlier if you have:

- pain
- loose teeth
- holes in the teeth
- bleeding gums
- a dry or sticky mouth
- new lumps or bumps



Brush using a toothbrush with soft bristles and a fluoride toothpaste. Brush for 2 minutes every morning and night. Squeeze out paste the size of a pea. After brushing, spit the toothpaste out but do not wash your mouth with water.



Tap water is the best drink for healthy teeth. Fluoride in tap water helps to keep the teeth strong. Avoid drinking too many fizzy drinks and juice. These can be loaded with sugar.



For more information visit mobsmiles.org.au

Mob Smiles is made possible by the Australian Dental Association