



LEARN MORE
ABOUT THE
IMPORTANCE OF
YOUR ORAL HEALTH
AND CREATE A
BRIGHTER DAY
THROUGH A
BRIGHTER SMILE

**PRESENTED BY BRIDGING
THE GAPS**

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**ORAL HEALTH
FOR OLDER
ADULTS AND PETS**

Learn more about your oral hygiene

Senior Oral Health Report

Of Older Americans



Don't go to the dentist as often as recommended



Wish they had taken better care of their teeth when they were younger



Say the last time they went to the dentist was more than 2 years ago



Smile less than when they were younger due to the appearance of their teeth

DID YOU KNOW?

Maintaining good oral health is essential for overall well-being, especially in older adults. As we age, changes in the mouth such as dry mouth, gum disease, tooth loss, or difficulty chewing. These can impact nutrition, speech, and self-esteem. Poor oral health has also been linked to serious health issues like heart disease, diabetes, and respiratory infections. Regular dental check-ups, proper brushing and flossing, and staying hydrated can help prevent these problems. Taking care of your mouth means taking care of your whole body—because a healthy smile supports a healthier life.

RESOURCES

NEED HELP FINDING A DENTIST?

Penn Dental 240 S. 40th Sts: 215-898-8965

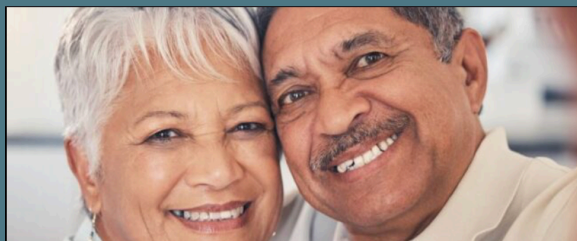
Temple Dental, 3223 N. Broad St: 215-707-2900

Community College of Philadelphia, 1700

Spring Garden Sts: 215-751-8625

AFFORDABLE DENTIST NEAR YOU

<http://toothwisdom.org/>



DON'T FORGET YOUR PETS!

Pets can get really sick if their teeth and gums aren't healthy, which could lead to heart, liver, and kidney disease. The best way to keep your pet's mouth healthy is to brush their teeth every day with a soft toothbrush and a pet-friendly toothpaste like **CET Enzymatic**. **NEVER** use toothpaste for people because it is **bad** for pets. Start off once a week, then twice a week, and slowly go up to brushing every day. Make sure to keep you and your pet safe and **DON'T** force your pet to get their teeth brushed! If your pet does not like it, **STOP** and ask your vet for other ways to keep their teeth healthy! Pets also need checkups for their teeth and dental cleanings, just like people. Ask your vet when to schedule your next visit!