

#DM2002-23

“AGING AND TOOTHBRUSHES”

ONE OF THE MAIN CAUSES OF TOOTH LOSS IN OLDER ADULTS IS PERIODONTAL OR GUM DISEASE, SO SPECIAL CARE NEEDS TO BE TAKEN AS WE AGE.

IT'S IMPORTANT TO BRUSH TWICE DAILY AND FLOSS ONCE A DAY. LOOK FOR TOOTHBRUSHES WITH THE AMERICAN DENTAL ASSOCIATION SEAL OF ACCEPTANCE.

THE ADA RECOMMENDS CHOOSING A SOFT-BRISTLED TOOTHBRUSH THAT FEELS COMFORTABLE IN YOUR HAND AND MOUTH. IF YOU HAVE A MEDICAL CONDITION WHICH LIMITS MOVEMENT, YOUR TOOTHBRUSH CAN BE MODIFIED TO SUIT YOUR NEEDS.

TO ADAPT A MANUAL TOOTHBRUSH, TRY ENLARGING THE HANDLE WITH A RUBBER BALL OR BICYCLE HANDLE. YOU CAN LENGTHEN THE HANDLE WITH A RULER OR WOODEN TONGUE DEPRESSOR.

ANOTHER OPTION IS A POWERED TOOTHBRUSH. THEY MAY BE EASIER AND MORE EFFECTIVE FOR YOU.

REMEMBER TO REPLACE YOUR TOOTHBRUSH EVERY 3 TO 4 MONTHS. IF YOU HAVE ANY QUESTIONS ABOUT WHICH TOOTHBRUSH IS BEST FOR YOU, ASK YOUR DENTIST.

FOR THE ADA DENTAL MINUTE, I'M DR. MARIA LOPEZ HOWELL.