Oral health

Maintaining oral health is more important than just achieving white teeth. It’s a health matter fundamental to our overall wellness.

More than just perfect smiles

T
al),

He says that ties between oral
disease and longevity are estab-
lished. Likewise, the benefits of
tooth brushing are not limited
to the mouth. As one of our earliest
innovations, the toothbrush can
draw us into a daily routine that
achieves physical, mental, and
emotional well-being.

When children or adults lack
oral health care, chronic health
problems may surface. This can
manifest in a number of ways,
including:

• Headaches
• Toothaches
• Inability to eat
• Difficulty sleeping
• Skin infections
• Poor school performance

Oral health conditions may also
interfere with quality of life. For
example, a mouth ulcer can slow
one down. A sore throat, or
swollen or bleeding gums, can
cause a patient to seek medical
attention for a non-oral problem.

Healthy teeth and gums are
important. They allow us to
digest food and absorb nutrients.

In addition, the mouth is a key
to the immune system.

The mouth is the first line of
defense against pathogens, and
the presence of bacteria and
viruses can affect the body’s
ability to defend itself.

Another key factor is that
oral health may affect
systemic health. For example,
oral infections have been linked
to conditions such as heart
disease, diabetes, and
cancer.

Dr. McNally says, “There’s
enough evidence to show that
oral health is a fundamental
aspect of our general health.”

Pediatric dentistry

Children can be trained to
brush their teeth at a young age.

“Parents should start
brushing their children’s teeth
once the first tooth appears,”
says Dr. McNally. “This helps
establish good habits from an
early age.”

Children should continue
to brush their teeth twice a day
throughout childhood.

“Children should continue
brushing twice daily after
the age of two,” says Dr. McNally.
“After age two, toothpaste
containing fluoride is
recommended.”

Fluoride is important for
maintaining strong teeth.

Fluoride helps prevent
cavities by strengthening
tooth enamel and making
it harder for bacteria to
attack.

Fluoride is available in
many forms, including
fluoride toothpaste, mouthwash,
and fluoride varnish.

Fluoride varnish is
applied by dental professionals
and provides a long-lasting
layer of protection.

Children should also
visit the dentist regularly.

“Children should see a
dentist at least once a year,
starting at the age of two,”
says Dr. McNally. “This allows
the dentist to monitor their
progress and address
any issues that may arise.”

Children should:

• Visit the dentist at least once
a year starting at age two
• Brush their teeth twice a day
using a toothbrush and
fluoride toothpaste
• Floss daily
• Eat a balanced diet
• Avoid sugary snacks

Caries (ECC) is a disease that
causes tooth decay and can
affect children’s oral health.

In ECC, the tooth enamel
is weakened and can
become cavities. This can
lead to pain, infection,
and difficulty eating.

Early Childhood Caries
(ECC) is a common
problem among young children.

In 2011, 26% of Canadian
children aged 2-4 had ECC.

ECC can affect a child’s
ability to eat, speak, and
learn. It can also prevent
them from participating
in normal activities.

ECC can be prevented
through good oral hygiene,
habitually using fluoride,
and regular dental check-ups.

For more information,
visit www.cda. ca.

ONLINE

For more information,
visit www.cda.ca.

THE ELDERLY

Canada’s seniors face oral care challenges

W ith Canada’s aging population,
seniors face unique oral health challenges.

As adults, seniors are more likely to
experience oral health problems.

The most common oral health
problems in seniors include:

• Dry mouth
• Tooth loss
• Gum disease
• Oral infections

Dry mouth is a common
problem in seniors. It
can lead to difficulty
swallowing, eating,
and speaking.

Dry mouth can be caused
by medications, diseases,
and poor nutrition.

Tooth loss is also common
in seniors. This can lead
to problems with chewing,
eating, and speaking.

Gum disease is another
common oral health problem
in seniors.

Gum disease can cause
tooth loss and make
it difficult to eat.

Oral infections can be
caused by a variety of
factors, including poor
oral hygiene.

Seniors should:

• Visit the dentist at least once
a year
• Brush and floss daily
• Eat a balanced diet
• Avoid sugary snacks

Dental care for seniors

Seniors should:

• Visit a dentist regularly
• Brush at least once a day
• Floss at least once a day
• Use a fluoride toothpaste
• Use a mouthwash
• Eat a balanced diet

Dentists

Dentists play a vital role
in preventing oral health
disorders.

They can help with:

• Detecting oral health problems
• Treating oral health problems
• Preventing oral health problems

Dentists also work with
other healthcare professionals
to provide comprehensive care.

Dentists are trained to:

• Examine teeth and gums
• Examine oral structures
• Diagnose oral health problems

Dentists can refer patients
to specialists as needed.

Dentists also educate
patients about oral health.

They can help patients
understand the benefits
of good oral health.

Dentists can help patients
prevent oral health problems.

They can help patients
improve their oral health.

Dentists can help patients
maintain their oral health.

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Be informed about your dental plan

Early two-thirds of Canadians have a dental plan, according to the 2010 Canadian Health Measures Survey. But if such a plan is a valuable way to help pay for dental care, it’s important to know what your plan provides and to understand that it does not dictate treatment.

“Your dentist will develop a treatment plan based on your dental health needs, which may differ from what your plan covers,” he explains. “You have the right to accept or refuse treatment, but it’s important to make sure you understand the implications of any decisions you make. Before your decision on an informed discussion with your dentist.”

Coverage

Coverage for dental care varies based on what services are included, the percentage of costs that your service provider and your plan pay, and yearly maximums. Most dentists will prepare treatment plans that consider your personal health needs and the pre-determinations of benefits. This is a typical percent of the cost of dental care, squared between 20 and 90 percent of the total amount. Dr. Levin says, “The patient will have a co-payment and must be part of the total cost of treatment. A dentist is obligated to provide a written dental claim form signed by the patient after the service is rendered. It is important to keep all dental claims in a file as the total amount charged and payable from all sources.

“Dental disease is progressive and unlike a cold will not resolve itself. The cost of prevention is always cheaper than treatment.”

Dr. Larry Levin, Member of the Board, Canadian Dental Association

While plans that help you pay for the cost of treatment are important, prevention is the best strategy for everyone in your family. Dr. Levin says, “Brush and floss daily, limit sugary drinks and snacks, don’t smoke, and visit your dentist for regular care.” It’s important to diagnose problems before they become more complex and expensive, he says. “Diagnosing disease in the early stages can save time, money, and discomfort.”

The cost of prevention is always far less than the cost of neglect.”

Treatment recommendations are based on your dental health needs, which may differ from what your plan covers. You have the right to accept or refuse treatment. Prevention

Being an active participant in your dental health means:

- Discussing treatment options with your dentist and making sure you understand how your dental plan affects your coverage, and that the treatment is covered by your dental plan, according to the Canadian Dental Association. “You are a partner in your oral health, and treatment and care decisions should be made independent of your coverage. Your dentist is obligated to treat you, not your dental plan.”

First Dental Visit

A toothbrushing, dentist trips should start early

In his general dentistry practice in Winnipeg, Dr. Larry Levin’s advice to new parents, “Don’t let your child’s first dental visit ‘creep’ into the first year or so of life.”

Making that first trip to the dentist, a childhood milestone that dentists say can help make the occasion both pleasurable and not too scary. “If you want to make your communication the most positive it can be, make sure your toothbrushes are yours and you have them with you,” he says.

“Many people think age one is the age for the first dental visit, but the science tells us that’s too late,” he explains. “From a dental health standpoint, you want to prevent tooth decay by establishing good eating and dental habits in the first year.”

Parents should talk to their child about brushing twice a day, and making sure the toothbrush is a good size. “A child’s toothbrush should be soft, silicone-based brushes should be used at least two or three times a day.”

FROM CDA 1

Front teeth extracted. “It can happen that fast!” she says. “Don’t be afraid.”

“Children should be seen by a dentist within the first year of life, or at the age of six months,” she says. “A child’s dental health care needs begin at birth. Children born to mothers who smoke more than 10 cigarettes per day during pregnancy are more likely to develop tooth decay. “A child’s first visit is particularly successful approach for the very young ones. Involving a parent in the visit, it model the behaviour for the very young ones.”

Parents should often ask questions about how to make toothbrushing fun and interesting for their child, rather than a chore. “Children who enjoy using toothbrushes and toothpaste should enjoy using toothbrushes and toothpaste regularly.”

FROM CDA 2

ORAL HEALTH

Childhood tooth decay can be prevented by ensuring that kids as young as one visit a dentist, who can look for early problems and prevent them. And getting in good habits early can help teach your child something as simple as brushing their teeth.

The importance of an early first visit is reinforced by Dr. Ross Anderson, chief of dentistry at Halifax’s children’s hospital, the IWK Health Centre, and head of pediatric dentistry at Dalhousie University. Dr. Anderson has seen enough patients with tooth decay to share some obvious advice: children born to mothers who smoke more than 10 cigarettes per day during pregnancy are more likely to develop tooth decay. “A child’s first visit is particularly successful approach for the very young ones. Involving a parent in the visit, it model the behaviour for the very young ones.”

Parents should often ask questions about how to make toothbrushing fun and interesting for their child, rather than a chore. “Some children might enjoy using toothbrushes and toothpaste and enjoy brushing twice daily, says Dr. Levin. “I advise parents to do the brushing until the child has more manual dexterity, between the ages of six and eight, but if at the age of eight a child should be ready to use their own toothbrush as well, before or after school.”

Soft, silicone-based brushes should be used at least two or three times a day. “A child can help guide when to use a fluoride toothpaste and how much should be used.”

FROM CDA 1

Children: By the age of one, kids should be seen by a dentist

Front teeth extracted. “It can happen that fast!” she says. “Don’t be afraid.”

“Children should be seen by a dentist within the first year of life, or at the age of six months,” she says. “A child’s dental health care needs begin at birth.”

Dr. Lawrence says that regular dental visits, brushing twice daily with a tiny amount of fluoride toothpaste (the size of a grain of rice) and flossing at least once a day can help prevent major dental problems. “It is important to help your child establish a healthy lifestyle that will stay with them for years to come, and that includes oral health.”

“Children born to mothers over three years, ing up to 400 expectant aboriginal mothers over three years, will hopefully have an impact on oral health policy both locally and nationally, she says.”
A trip to the dentist means more than tooth care

Dr. Richard Wilczek, a dentist in Prince George, B.C.

A trip to the dentist means more than tooth care, says Dr. Wilczek. Even if you don’t need regular dental exams, you still need regular care from a dental professional. Dental exams are equally important if you wear dentures, have dental implants or take medications that affect your mouth, such as causing dry mouth or overnight gum.

Why is it so important to have a dental examination?

The dental exam is critical to your dental health. It is the first attempt to protect your gums and teeth because dentists can diagnose problems and take preventive action before they develop further. In fact, dental examinations have on occasion saved lives because dentists can identify serious illnesses early.

What to do when performing an examination?

The dentist is looking in your mouth for signs of can- cer and overall health. You can’t see many of these signs on your own, but a dentist is trained to treat them. Your dentist is trained to find anything unusual in your mouth. Death and other signs, including fractures, oral cancer, infections, and the early signs of gum disease, may be noted.

What are the parts of a dental examination?

Part of the exam consists of the dentist physically examining your teeth and the inside of your mouth. You may not even realize when an exam is taking place. Sometimes it will include an examination of your neck area, with the dentist feeling the glands and lymph nodes for pos- sible signs of illness. This exam may include a radiological component (dental X-rays), if necessary. This can show problems such as cavities under existing fillings, hardline erosion of teeth, decay under your gum line and bone loss caused by gum disease.

What general health information is included in the exam?

Along with a visual and physi- cal inspection of your mouth, the dental exam includes a consideration of your complete medical history. This allows your dentist to learn about any health problems and their potential success or failure of dental treatments or procedures and that may be associated with dental health.

What should I tell my dentist about my general health?

The more your dentist knows about your overall health, the better he or she can address any dental care needs. Your dentist is trained to find anything unusual in your mouth. You must let your dentist know if you have a history of diabetes, cancer, heart disease, or any other medical condition that may affect your dental care needs.

Your dentist is trained to find anything unusual in your mouth, throat and neck area, including oral cavity, esophagus, oral cancer, infections, and the early signs of gum disease. An adapted clinic, in which dental implantation is in better shape to travel abroad, is being considered for future use in the Caron, is teaching health care workers about the importance of daily oral care. In a study in our country, we found that people were twice as likely to receive oral care from their care providers only half the time. It is a quality-of-life issue for the elderly.

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Dentists can help patients fight smoking, related diseases

Some of the earliest signs of tobacco use appear in the mouth, says Dr. Höediono. “Your dentist will see that, along with the signs of chronic disease such as oral cancer. If a problem is identified, they can refer you to the appropriate specialists.”

“When you smoke, you inhale a multitude of toxins in the tobacco and combustion products, which if untreated can eventually lead to tooth loss. Over time, lung disease caused by smoking affects your breathing. The toxins in smoke also affect the way that saliva works in your mouth, which can also cause damage.”

As a result, smokers are also three times more likely to have severe periodontal disease or gum disease, which can lead to tooth loss over time, treatment, and the associated cost of losing teeth. These oral problems can also make it difficult to breathe, and smokers are also much more likely to have lung disease caused by smoking affecting their breathing. The toxins in smoke also affect the way that saliva works in your mouth, which can also cause damage.

The fact that dental health is key to early detection. Dr. Höediono lost a good friend to oral cancer; by the time the dentist was able to see the early signs, the patient had already been able to see the early signs, and would have made the appropriate referrals. If you catch oral cancer in its early stages, the chances for cure are very good. If you catch it in an advanced stage, the chances for survival are greatly reduced.

In addition to providing care and acceleration of chewing and smoking cessation, dentists can prescribe medications to help, such as nicotine patch, gum and inhalers.

FACTS

What you need to know about smoking and oral cancer:

• In 2009, (the most recent data available) over 3,000 Canadians died of oral cancer and 5,000 will be diagnosed this year.
• Caught early, the odds of survival are greatly increasing. Dr. Höediono says.
• But research also indicates that four out of five smokers will attempt to quit in a given year, and access to your dentist is generally much easier and faster than to a family physician.

A dentist can make an ideal smoking-cessation coach, and a site to see signs of damage and identify disease associated with smoking. Dr. Höediono says. “Had he seen his dentist sooner and made the appropriate referrals, he would have seen the dentist to see signs of damage and identify disease associated with smoking. Your dentist can see signs of damage caused by smoking.” he explains.

ORAL HEALTH
CANCER

EXPLAINED

A dentist can make an ideal smoking-cessation coach, and a site to see signs of damage and identify disease associated with smoking. INFO@1000SMOKERS.COM

New G•U•M® PerioBalance™ is a mint flavoured lozenge containing Prodentis*, a blend of oral probiotics that help control excess bad bacteria that can lead to poor oral health. G•U•M® PerioBalance™ can help you achieve a balanced oral environment that is essential for healthy teeth and gums.

Available exclusively at

SHOPS
DRUG
MARKET

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Data on file. Note 28 day results from uncontrolled extension of the 14-day clinical study as referenced in footnote 2.

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Experience Breakthrough Innovation: Philips Sonicare AirFloss

Flossing has never been easy or enjoyable but we all know that we should be doing it more often. Philips Sonicare AirFloss uses innovative microburst technology to deliver a quick burst of pressurized air along with micro droplets of water to remove up to 99% more plaque in-between teeth than brushing with a manual toothbrush alone.
NOT EVERYBODY CAN SEE IT, BUT YOUR DENTIST CAN.
DENTAL EXAMS SUPPORT YOUR HEALTH.