

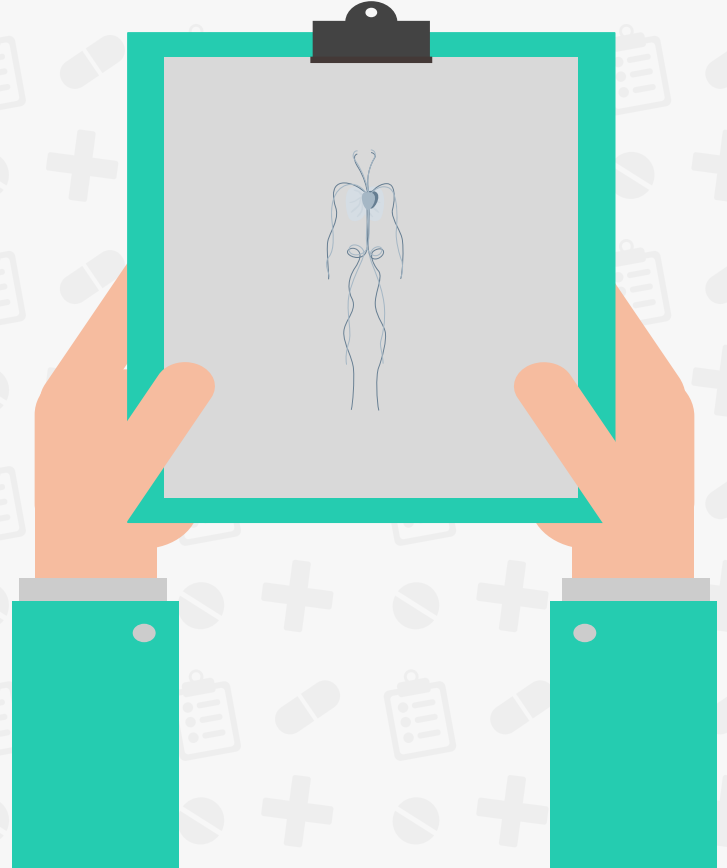


# Oral Health

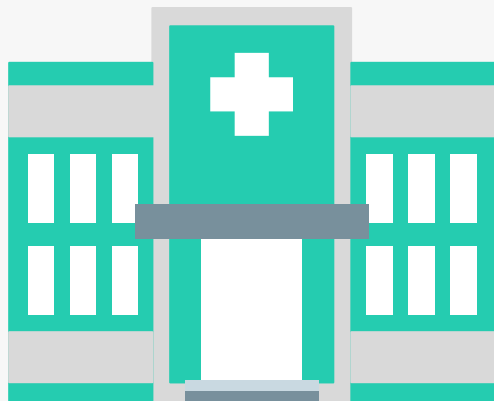
A dental hygiene perspective

# On the agenda

- Overview of Gingivitis/Periodontitis (PERIO)
- The oral systemic link
- Maintaining good oral hygiene habits at home
- How to hack your toothbrush for a better grip
- Get smart about dry mouth



# Invest in your oral health



Research has proven that our oral cavity is a window to our systemic health.



# Gingivitis and Periodontitis

Gingivitis and Periodontitis are a group of common gingival diseases. Gingivitis is a precursor to periodontitis. With Periodontitis being a much more destructive and irreversible form of gingivitis.

- Swollen or puffy gums
- Dark red gums
- Gums that bleed easily when you brush or floss
- Bad breath
- Receding gums
- Tender gums



# The Oral Systemic Link



# Stroke Risk Factors

(that can be worsened by poor oral health)

- Diabetes
- Heart Diseases
- Poor Diet
- Smoking



Science has proven that the risk factors above are worsened by the presence of gingival diseases. Controlling these risk factors can help with controlling future incidences in the future.

# Diabetes and Periodontitis

**Periodontitis is the 6th risk factor for Diabetes.** Patients with diabetes are at a 2–4 times greater risk for more severe periodontal disease than individuals without diabetes.

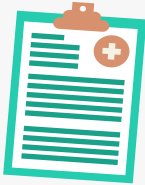
**Periodontitis makes it harder to control your blood sugar**

- Evidence indicates individuals with diabetes had more severe periodontal disease and a higher A1c (blood glucose) than healthy individuals.



**Effect of Periodontal Treatment on Diabetes**

- **Nonsurgical periodontal therapy (aka deep cleaning) and management of periodontal disease has resulted in an average decrease in A1c of 0.6%.** *This is roughly equivalent to the benefits of exercise and dietary changes!*





## Other Risk Factors



### Smoking

Smoking negatively impacts healing, **worsens** diabetes and advances periodontal disease. Quitting smoking can be beneficial in so many ways. Your dentist can help you find resources to quit. Just ask!



### Nutrition

We know that having good nutrition will help lower risk factors for cardiovascular disease, diabetes and stroke. But did you know that many nutritional deficiencies have oral manifestations? Maintaining a healthy diet will keep your oral cavity healthy, lower blood sugar and decrease risk for other systemic diseases .



### Heart Disease

Evidence shows that bacteria present in **gum disease** can travel throughout the body, triggering inflammation in the heart's vessels and infection in heart valves.



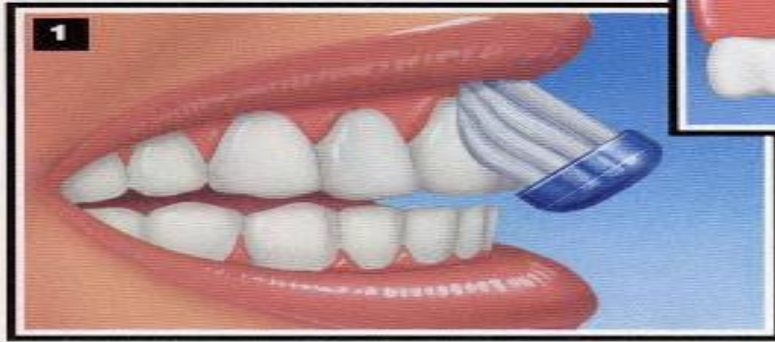
# Home Care

- Brush twice daily for 2 minutes
- Clean between your teeth every day, either with floss or other adjunct aids (we will discuss further in the next slides)
- Use a mouth rinse
- Clean your tongue after you brush

Sometimes it may be recommended that you visit for an additional cleaning for higher risk individuals.



# Brushing technique



Place bristles along the gumline at a 45° angle. Bristles should contact both the tooth surface and the gumline.



Gently brush the outer tooth surfaces of 2-3 teeth using a vibrating back, forth & rolling motion. Move brush to the next group of 2-3 teeth and repeat.



Maintain a 45° angle with bristles contacting the tooth surface and gumline. Gently brush using back, forth & rolling motion along all of the inner tooth surfaces.



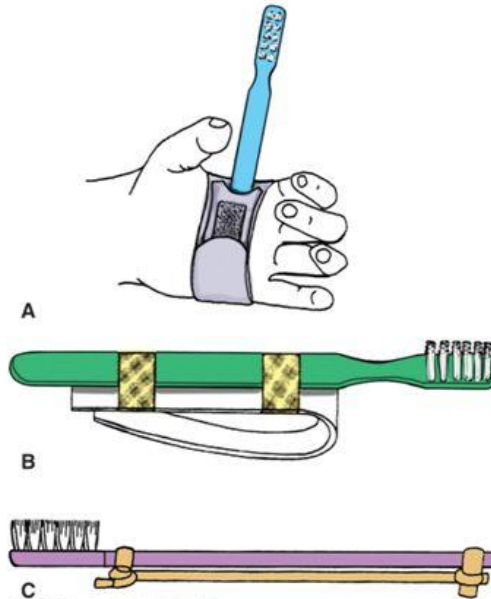
Tilt brush vertically behind the front teeth. Make several up & down strokes using the front half of the brush.



Place the brush against the biting surface of the teeth & use a gentle back & forth scrubbing motion. Brush the tongue from back to front to remove odor-producing bacteria.

# ToothBrushing with limited dexterity





Aids for patients who cannot grasp and hold. **A.** Adjustable Velcro strap with pocket. **B.** Handle of a fingernail brush attached to a toothbrush. **C.** Rubber tubing attached to the handle of a toothbrush.



# 3 sided toothbrush



# Flossing



# Medications and your oral health

Medications commonly prescribed after Stroke like Warfarin and Plavix can cause dry mouth.

Dry mouth isn't just about feeling thirsty. Its uncomfortable and destructive. It can lead to faster plaque accumulation, gum pain and increases your risk for dental caries.



# Avoid the discomfort of dry mouth

## Oral Rinses



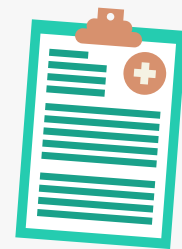
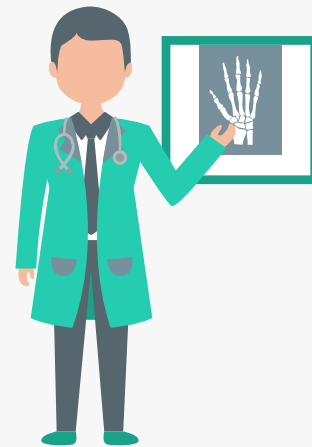
Using a rinse like Biotene that is designed to lubricate the oral tissues can help relieve dry mouth. It comes in many forms gel, spray and oral rinse. Avoid mouth rinses that contain alcohol.

## Other options



It may seem more easier and convenient to eat or chew on candy to stimulate saliva. Frequent consumption of sugar will lead to dental caries. When seeking other options opt for sugar free gum and candy that contain **xylitol** or **sorbitol**.

# ANY QUESTIONS?



# Thank You!

Do you have any questions?  
Visit us at FOX COLLEGE

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