

ORAL HEALTH

SIGNS AND SYMPTOMS



LIPS

Are they dry?
Are they cracked?



SALIVA

Is your mouth dry?



DENTURES

Do they fit?
Are they clean?



TONGUE

Is it dry?
Is it cracked?
Is it sore?



TEETH

Is there plaque?



GUMS

Are they sore?



PAIN

Is your mouth sore?
Does it hurt when you eat,
drink, brush your teeth?

WHY ORAL CARE IS IMPORTANT

LINK
BETWEEN
ORAL CARE
AND HEALTH



- Stroke
- Heart disease
- Pneumonia
- Diabetes



A HEALTHY
MOUTH



Helps reduce the
risks of infections

WHAT YOU SHOULD DO



TEETH AND
TONGUE

- Brush after every meal
- Brush before bed
- Use a soft toothbrush



DENTURES

- Make sure your dentures fit
- Remove dentures
- Clean your dentures

IF YOU HAVE A PROBLEM WITH YOUR MOUTH **SEE YOUR DENTIST.**