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Australian Dental Association

Healthy Smiles for Elders



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The mouth and body connection is strong. We now know how important having a strong and healthy smile is and it is more than just looking good. Gum disease is linked to diabetes and heart disease. When we look after our oral health, our general health benefits.

Your annual health check should include a dental visit to have your teeth and gums checked. Book in earlier if you have loose teeth, bleeding gums, a dry or sticky mouth or see any new lumps or bumps. These may be signs something is not right. They should be checked and treated sooner rather than later.

Drinking tap water with fluoride is the easiest way to help fight tooth decay, wash away food and keep your mouth from becoming dry. Avoid drinking too many fizzy drinks and juice. These can be loaded with sugar. Do not put too much sugar in your tea or coffee.

Brush using a soft toothbrush and a fluoride toothpaste for 2 minutes. An electric toothbrush can give you extra help reaching difficult areas in the mouth. Brush every morning and especially at night to remove the food you have eaten during the day. Make sure every tooth surface is clean from bacteria. This will help to keep your teeth and gums healthy and breath fresh.



Dentures, also known as false teeth, are a great option to replace missing teeth. They can help you to talk, smile and eat. Use a toothbrush and water to clean your dentures every day and wipe your gums with a wet cloth. Always sleep with your denture out at night.

