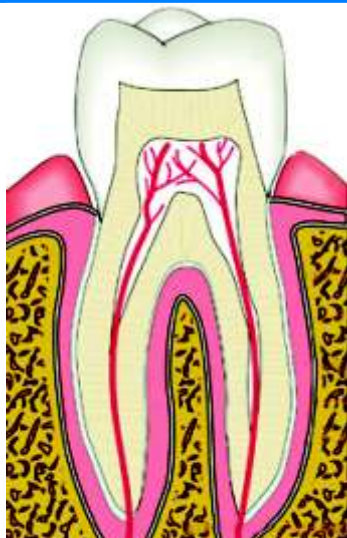


# Common Mental and Physical Health Problems of Elderly: Care hints for Caregivers



## **DENTAL PROBLEMS**



Issued in the interest and for the care of the elderly by

## **THE DEPARTMENT OF GERIATRIC MENTAL HEALTH**

Chhatrapati Shahuji Maharaj Medical University, U.P. Lucknow  
(Erstwhile King George's Medical University)

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## Commonly Occuring Dental Problems in Old Age

1. Gum Disease (Piaorrhoea)
2. Root Caries
3. Gingival Recession & Tooth Mobility
4. Tooth Sensitivity to Hot or/and Cold
5. Gap Between Teeth
6. Structural Tooth Loss due to Grinding of Teeth.
7. Xerostomia (Dryness of Mouth)

The best way to prevent these oral problems is to keep the mouth clean by brushing twice a day. It should be done by using soft brush and good tooth paste. Tooth Powder should not be used as it is more abrasive.

Piaorrhoea or periodontics can be prevented by regular brushing with super soft or soft brush, avoiding small meals between 3 regular meals. Hot saline tomentation along with brushing helps to control the prevalence of this disease.

In patients having gap due to recession of gingiva we advise using inter dental brushes for cleaning.

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For Patients who lack manual dexterity and are physically disabled, motor driven tooth brushes are available.

Mouth washes such as chlorhexidine and Listerine are also recommended for these patients.

Medicated tooth paste containing potassium permagnate, strontium chloride & sodium monofluoro phosphate are used as single ingredient or combination of these to prevent or eliminate hot or cold sensitivity in tooth. During old age often there is dryness of mouth due to less secretion of saliva which leads to discomfort in patients. This causes great problem in denture wearing patients because denture is not fitted tightly in the mouth due to dryness and it becomes dislodged from its place & causes great inconvenience to patients. For dental problems, consult dentist.

For further information & treatment contact:

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# *Felicita*

Methylcobalamin 750mcg, ALA 100mg, Benfotiamine 75mg, Folic Acid 500mcg, Pyridoxine 1.5mg, Inositol 500mg, Vitamin E 2.5mg, Selenium 30mcg, Pantothenic Acid 2.5mg

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Etizolam 0.5mg

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