A HAPPY MOUTH IS... A HAPPY BODY

INCREASE AWARENESS ABOUT HOW TO STAY HEALTHY INTO OLD AGE

#WOHD24
#HappyMouth

World Oral Health Day
20 March

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FDI World Dental Federation

worldoralhealthday.org

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By 2050, 25% of the world's population will be aged over 60 years, that's 2 billion people. Studies show that older people are particularly affected by poor oral health, with negative consequences on their general health. That's why it is important to ensure that people not only live longer lives but healthier ones too, free of oral diseases.

WHAT CAN OLDER ADULTS DO?

- **Adopt good oral hygiene habits**: most oral diseases are preventable; therefore, pain and infections can be avoided by brushing twice a day with fluoride toothpaste and cleaning between the teeth. Additionally, it is essential to clean removable dentures daily.
- **Reduce the risk of falls**: if a tooth becomes loose, or if a denture no longer fits properly, go to the dentist as soon as possible. The jaw contributes to balance.
- **Enjoy healthy and diverse foods**: prepare well-balanced meals and avoid eating snacks, particularly those rich in sugar, between meals. Limit sweet treats to the end of the meal.
- **Avoid dry mouth**: chew sugar-free gum, suck sugar-free hard candies, drink water with meals, drink small amounts of water regularly throughout the day, use alcohol-free mouth rinse, and use a lip balm to soothe cracked or dry lips.

WHAT CAN DENTISTS DO?

- **Promote general health** by discussing major shared risk factors with patients, i.e., sugar, tobacco, diet and alcohol.
- **Foster daily oral hygiene routines** with regular information.
- **Use minimally invasive treatments**, which can have a particularly beneficial effect on quality of life.

WHAT CAN GOVERNMENTS DO?

- **Remove financial barriers**: oral care may be unaffordable for a significant proportion of older adults.
- **Remove physical barriers**: provide a care system that improves access (e.g., transport service or mobile dental clinics).
- **Mobilize all stakeholders** along the care pathway by integrating oral care into a primary care model.

For more information and support:
fdiworlddental.org/oral-health-ageing-population