

# 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.**