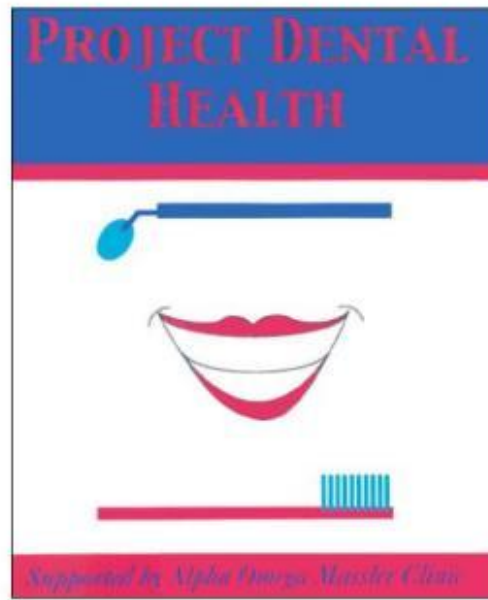
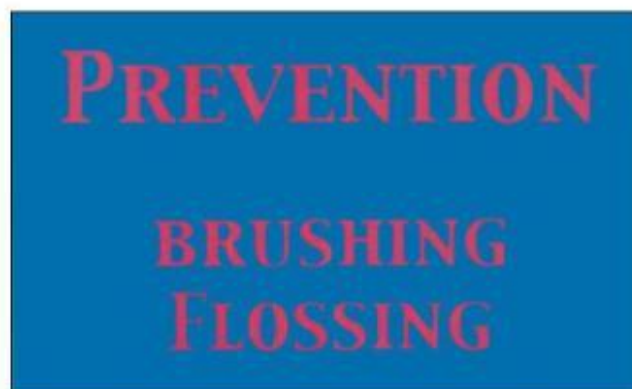


1. Project Dental Health: Slide 1



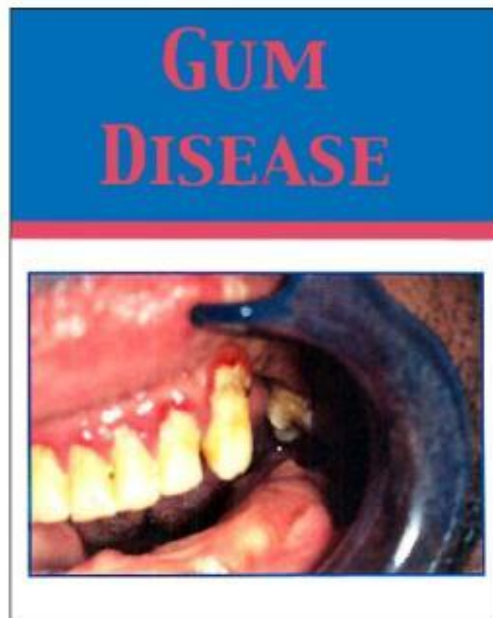
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2. Project Dental Health: Slide 2



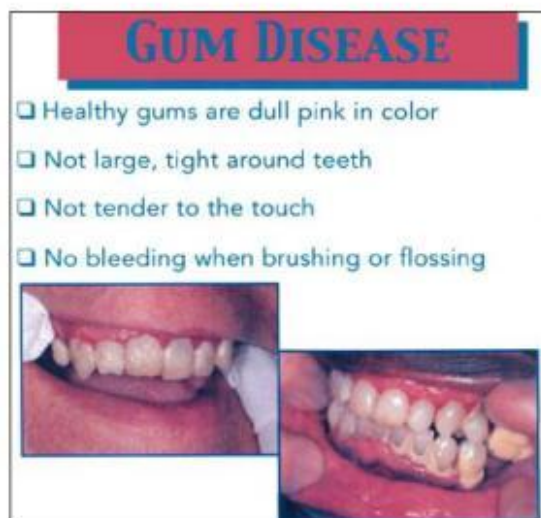
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3. Project Dental Health: Slide 10



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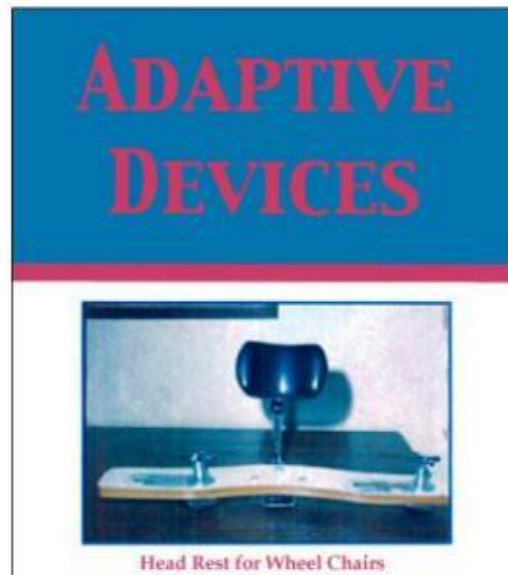
4. Project Dental Health: Slide 11



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9. Project Dental Health: Slide 16

MYTH 1: Nothing can be done about our teeth and gums as we age

Fact: Treatments exist for all types of dental disease. Most people believe that we have more dental problems due to age, but this is false. Many dental problems occur later in life because of constant use that your mouth has to undergo.

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10. Project Dental Health: Slide 17

MYTH 2: Dental health problems are less important than other health problems

Fact: Your ability to eat a well-balanced nutritional diet will help you feel better and give you more energy. Also, good nutrition helps your body to maintain its strength, overall good health and fight off infection. Common signs that you should watch out for include having a dental problem that causes you to skip meals or avoid certain foods. Many mouth problems can be treated to make it easier for you to eat a properly balanced diet.

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11. Project Dental Health: Slide 18

MYTH 3: Teeth cleaning can be done only with a very hard tooth brush and only up and down on the teeth

Fact: The dentists recommended ways in which we brush our teeth has changed over the years so you may not be up-to-date with the most current methods. Dentists now suggest using a soft toothbrush used with a light back and forth motion on the teeth. Biting surfaces are cleaned with the bristles of the brush flat on the surfaces of the teeth. Sides of teeth are cleaned by placing the toothbrush at a 45 degree angle to the teeth using a slow, soft scrubbing motion, isolating 3 - 4 teeth at a time.

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12. Project Dental Health: Slide 19

MYTH 4: Pain is the only reason to go to the dentist

Fact: If you have pain you should see a dentist right away. Pain may have been avoided in the first place if you had been receiving regular care by a dentist. Early problems can be caught by your dentist before they become painful or worse.

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13.

Project Dental Health: Slide 20

MYTH 4: Pain is the only reason to go to the dentist
(continued)

Fact: There are other aspects of your dental health besides tooth or mouth pain that may indicate you have a dental problem that could be affecting your overall health and well-being. These include: dry mouth, eating difficulty, no recent dental care within the last two years, alterations or changes in food selection, and sores or lumps in the mouth. If you experience any of these, you should consider seeing a dentist soon.

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14.

Project Dental Health: Slide 21

MYTH 5: You have a complete upper and lower denture, and have none of your natural teeth left, so it is not possible for you to have "dental" problems anymore

Fact: Your dentist is not only concerned with problems that occur to natural teeth, but is concerned about the tissues in your mouth as well. The area supporting a denture is of equal importance and could potentially cause similar symptoms as tooth problems.

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15. Project Dental Health: Slide 22

MYTH 6: I don't have any of my natural teeth so I can't have plaque, calculus or gum disease

Fact: Plaque and calculus form on dentures as easily as they do on natural teeth. You may not have to worry about cavities if you don't have any of your natural teeth left, but build-up of plaque and calculus on or under your dentures may cause other problems to the gum and bone support for your denture.

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16. Project Dental Health: Slide 23

MYTH 7: All of our teeth normally yellow as we age so we need to get our teeth whitened

Fact: This is not true. Most yellowing is due to staining from things we eat or drink, like tea and coffee. Therefore, a lot of the staining could have been avoided in the first place if we had taken better care of our teeth by brushing and flossing. In general, whitening of your teeth can be done, but it should be done with caution. Many of the whiteners you can buy are not accredited (found to be safe for use in your mouth) and can irritate your oral tissues or worse.

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17.

Project Dental Health: Slide 24

MYTH 8: Dental health is not important, especially for elders

Fact: Some people don't feel they look their best without good dental health. This may lead to a feeling of not being able to smile or not wanting to socialize with others. Without good dental health some may not be able to talk as well as they would like to and may communicate less effectively or stay away from social events. Also, we need good, strong teeth to eat proper and healthy foods. Poor nutrition effects our whole body whether having decreased amounts of energy to participate in activities or decreased ability to fight infection.

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