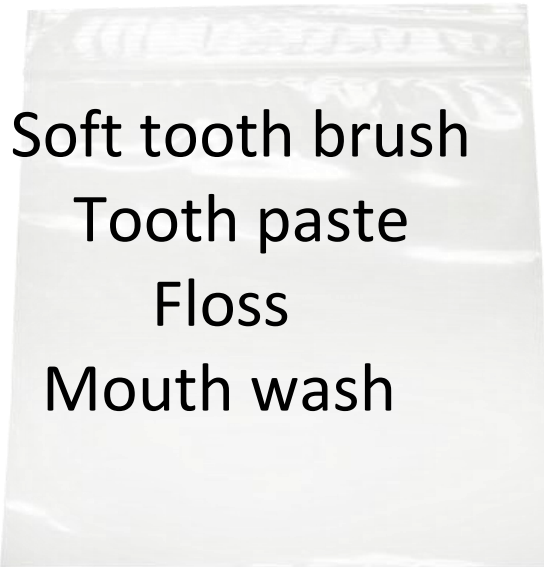




Inside Quart Size Ziploc Bag



Common diseases and infections to look out for:

Cavities: dark spots on the gum below a tooth

Oral Cancer: white patches in the mouth are an early sign of oral cancer

Gum Disease: swollen gums, loose teeth, bad breath that won't go away, bleeding gums

Do you have difficulty controlling hand, arm or shoulder movement?

Here are some useful ideas to adapt to standard toothbrushes:

- Lengthen the handle with a stick or rod
- Enlarge the handle with a tennis ball, sponge foam or bicycle grip
- Attach to the hand or arm with elastic or hand brace
- Bend the toothbrush handle to your comfort
- Try using an electric toothbrush (for people who cannot control fine movement)



Meals On Wheels

Meals are just our first course!

MILES OF SMILES

Provide a healthy smile with Meals On Wheels Senior Dental Care!



Taking ultimate care of your oral health means to:

- Brush your teeth at least twice daily with a soft toothbrush and fluoride toothpaste
- Floss your teeth at least once daily
- Visit your dentist regularly for checkups and cleaning services

Did YOU Know?

Oral health affects the whole body!

Bacteria built up on teeth can cause infection of the blood stream, travelling throughout the body.

In fact, Complications of poor oral health may increase the risk of:

- Pneumonia
- Stroke
- Heart disease
- Dementia
- Aggravation of diabetes
- Blood infection

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