

Dear Friend,

In this dental care bag, you will find a soft toothbrush, toothpaste, floss and mouth wash.

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 and Blood Infection.

Common diseases and infections to look out for are:

- **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

Taking ideal care of your oral health means to:

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



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

Here are some ideas to adapt a standard toothbrush...

- 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)