

Special Considerations for Senior Citizens and Dental Care



As we age, our dental health needs change. Senior citizens have special considerations that require attention when it comes to their oral health. While many of the same general rules apply to everyone—brush twice a day, visit your dentist regularly—there are some additional steps that should be taken during this stage of life to ensure optimal dental health. Let's learn more about the special concerns in [dental care for senior citizens](#).

Dry Mouth

One of the most common issues involved in senior dental care is dry mouth, which can lead to a variety of oral hygiene problems such as cavities and bad breath. This is because saliva helps keep the mouth clean by washing away bacteria and food particles, so when there isn't enough saliva, it can increase the risk for cavities and other problems. To reduce dry mouth symptoms, seniors should drink plenty of water throughout the day and avoid caffeinated beverages. Additionally, they should talk to their dentist about products that are specifically designed to help reduce dry mouth symptoms.

Root Decay

Another issue faced in senior dental care is root decay, which occurs when the roots of teeth become exposed due to gum recession or bone loss in the jaw. Root decay can be caused by aggressive brushing or periodontal disease but can also

be attributed to age-related changes in teeth like thinning enamel or weakened tooth structure.

To prevent root decay, it is important for seniors to schedule regular dental exams with their dentist so any potential issues can be identified early on and treated promptly. In addition, they should brush gently with a soft-bristled toothbrush and use a fluoridated toothpaste as well as floss daily in order to remove plaque buildup from between teeth where brushing alone cannot reach.

Oral Cancer Screenings

Oral cancer screenings are another important consideration in dental care for senior citizens. They are at an increased risk for developing this type of cancer due to their age and potential lifestyle habits such as smoking or excessive alcohol consumption. During regular checkups, dentists screen for signs of oral cancer in order to diagnose any potential issues early on so treatment can begin right away if necessary. Seniors should make sure they inform their dentists if they have any risk factors so they can receive more thorough screenings as needed.

Work with Markham 7 Dental

At Markham 7 Dental, we understand the unique needs of our senior citizens and are committed to helping them maintain a healthy mouth throughout their life. Our team of experienced dentists is here to provide comprehensive dental care tailored to each patient's individual needs in order to ensure they remain in optimal oral health. If you or a loved one need dental care for senior citizens, reach out to [Markham 7 Dental](#) today.

Conclusion

Overall, proper dental care is essential for seniors in order to maintain optimal oral health throughout their later years of life. It is important for them to take extra measures such as drinking lots of water throughout the day and speaking with their dentist about products specifically designed to help reduce dry mouth symptoms in order to combat some of the more difficult issues associated with aging such as root decay or oral cancer screenings. Taking these steps towards dental care for seniors will help maintain oral health for a long time!

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