

Common Oral Conditions



Many oral conditions become more prevalent with age



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Dental Decay:

SIGNS: Dark, stained holes and fractures of the teeth (including the roots along the gumline)

MANAGEMENT: The best prevention is good daily mouth care. Consumption of sticky, sugary foods and drinks (*especially in between meals*) should be limited. Using fluoridated toothpastes, topical fluoride gels and varnishes can prevent small shallow decayed areas from getting bigger. Most often, cavities should be filled by a dentist. .

Gingivitis:

SIGNS: Red, swollen or bleeding gums

MANAGEMENT: Daily brushing, flossing (or alternative)

Periodontal Disease:

SIGNS: Gingivitis, recession, loose teeth

MANAGEMENT: Good oral hygiene, regular dental exams and professional cleaning

CAN CONTRIBUTE TO:

Systemic conditions such as cardiovascular disease, diabetes, or pneumonia

Denture Stomatitis:

SIGNS: Small red lesions (Petechia) usually under the top denture. Not usually painful.

MANAGEMENT: Remove the dentures at night. Ensure dentures are thoroughly cleaned. *If severe, see a dentist for an anti-fungal cream*

This is one of the reasons dentures should be removed at night.

Candidiasis:

SIGNS: White spots on the tissues that can be wiped off (thrush), red burning lesions, or fissures at the corners of the mouth

MANAGEMENT: Topical or systemic antifungal medication. (see a dental or medical professional)

Angular Chelitis

Commonly seen in people who have lost some or all of their teeth.

SIGNS: Red and ulcerated patches in the corners of the mouth. It can be very painful to open the mouth and can limit eating drinking or speaking.

MANAGEMENT: Treatment with antifungal agents and overall good nutrition

Xerostomia (Dry Mouth):

SIGNS: Red, cracked, swollen, dry tongue, change in taste, difficulty eating, swallowing or talking

Usually caused by medications, radiation to the head & neck area, and smoking

MANAGEMENT: Frequent sips of water, sucking ice cubes, chewing sugar free gum, or saliva substitutes

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