

ORAL HEALTH



DID YOU KNOW?

- As we get older we are at a higher risk for developing cavities.
- One common causes for cavities in older adults is dry mouth, which is not a normal part of aging.
- Gum disease is widespread among older adults because it is often a painless condition until the advanced stage.

RECOMMENDATIONS FOR DRY MOUTH

- Use over-the-counter oral moisturizers, such as a spray or mouthwash.
- Consult with your physician on whether to change the medication or dosage.
- Drink more water. Carry a water bottle with you, and don't wait until you're thirsty to drink. Your mouth needs constant lubrication.
- Use sugar-free gum or lozenges to stimulate saliva production.
- Get a humidifier to help keep moisture in the air.
- Avoid foods and beverages that irritate dry mouths, like coffee, alcohol, carbonated soft drinks, and acidic fruit juices.
- Your dentist may apply a fluoride gel or varnish to protect your teeth from cavities.



- Caregivers can help individuals keep their mouth clean with reminders to brush and floss daily.
- Be sure to visit a dentist regularly.
- Brush your teeth twice a day (with a fluoride toothpaste).
- Floss regularly to remove plaque from between teeth. Or use a device such as a special brush or wooden or plastic pick recommended by a dental professional.
- Do not smoke or use chewing tobacco.
- Eat a well-balanced diet.

EXERCISE ACTIVITY

Arm Curl with Resistance Band



This variation of the **Arm Curl** uses a resistance band instead of weights. (See **Working with a Resistance Band** above.)

1. Sit in a sturdy, armless chair with your feet flat on the floor, shoulder-width apart.
2. Place the center of the resistance band under both feet. Hold each end of the band with palms facing inward. Keep elbows at your sides. Breathe in slowly.
3. Keep wrists straight and slowly breathe out as you bend your elbows and bring your hands toward your shoulders.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.

TIP

As you progress, use a heavier strength band.

RECIPE FOR THE MONTH

DUTCH APPLE YOGURT

MAKES ABOUT 2 SERVINGS

Ingredients

- ½ cup plain or vanilla nonfat yogurt
- ½ cup unsweetened applesauce
- 1 tablespoon raisins
- ⅛ teaspoon ground cinnamon
- 1 teaspoon brown (or regular) sugar
- 1 tablespoon nuts, or 1 tablespoon crunchy cereal such as oat cereal or corn flakes

Directions

1. Combine all ingredients in a small bowl and mix well.
2. Cover and refrigerate until chilled.
3. Eat and enjoy as a snack or dessert.

Nutrition Information for 1 serving (about ½ of recipe) of Dutch Apple Yogurt							
Calories	130	Cholesterol	5 mg	Sugar	22 g	Vitamin C	14 mg
Calories from Fat	20	Sodium	90 mg	Protein	4 g	Calcium	100 mg
Total Fat	2.5 g	Total Carbohydrate	25 g	Vitamin A	1 RAE	Iron	3 mg
Saturated Fat	0 g	Dietary Fiber	2 g				

Recipe adapted from SNAP-ED Connection Recipe Finder