

# A HAPPY MOUTH IS... a happy life

PROMOTE WAYS TO MAINTAIN AND ENHANCE  
QUALITY OF LIFE AS WE AGE



World Oral  
Health Day  
20 March

[worldoralhealthday.org](http://worldoralhealthday.org)  
#WOHD26 #HappyMouth

**fdi**   
FDI World Dental Federation

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By 2050, 25% of the world's population will be over 60 years old—approximately 2 billion people. Studies show that older adults are particularly affected by poor oral health, which can have negative consequences for their overall health and well-being.

This is why it is important to provide the right support and take preventive steps to ensure that people not only live longer lives but also healthier and happier ones, free from oral diseases.

## WHAT CAN OLDER ADULTS DO?



- **Adopt good oral hygiene habits:** most oral diseases are preventable; therefore, pain and infections can be avoided by brushing twice a day with fluoride toothpaste and cleaning between the teeth. Additionally, it is essential to clean removable dentures daily.
- **Reduce the risk of falls:** if a tooth becomes loose, or if a denture no longer fits properly, go to the dentist as soon as possible. The jaw contributes to balance.
- **Enjoy healthy and diverse foods:** prepare well-balanced meals and avoid eating snacks, particularly those rich in sugar, between meals. Limit sweet treats to the end of the meal.
- **Avoid dry mouth:** chew sugar-free gum, suck sugar-free hard candies, drink water with meals, drink small amounts of water regularly throughout the day, use alcohol-free mouth rinse, and use a lip balm to soothe cracked or dry lips.

## WHAT CAN DENTISTS DO?



- **Promote general health** by discussing major shared risk factors with patients, i.e., sugar, tobacco, diet and alcohol.
- **Foster daily oral hygiene routines** with regular information.
- **Use minimally invasive treatments**, which can have a particularly beneficial effect on quality of life.

## WHAT CAN GOVERNMENTS DO?



- **Remove financial barriers:** oral care may be unaffordable for a significant proportion of older adults.
- **Remove physical barriers:** provide a care system that improves access (e.g., transport service or mobile dental clinics).
- **Mobilize all stakeholders** along the care pathway by integrating oral care into a primary care model.

For more information and support:

[fdiworlddental.org/oral-health-ageing-population](http://fdiworlddental.org/oral-health-ageing-population)

