



Oral Health  
Advice for  
Over 50's



# EMPOWERING ORAL HEALTH

Our mission is to empower people to improve their oral health and general health over a lifetime.

## Tips on maintaining your Oral Health in later years

- 1 Brush twice daily
- 2 Stay hydrated
- 3 Schedule regular check ups
- 4 Use a soft bristled toothbrush
- 5 Eat teeth friendly foods



### Gum Disease

Gum Disease can lead to tooth loss and other Oral Health complications. The good news is that is it preventable. Maintaining a good oral health routine; including brushing twice daily, can help remove plaque and bacteria that cause gum disease. Regular check ups with your dentist and quitting smoking can reduce your risk of developing gum disease.



### Dentures

Dentures require proper care to maintain their function and longevity. You need to rinse them after eating and brush them daily with a soft-bristled brush. Store dentures in water overnight to protect them from drying out. This will reduce fungal infections and warping of the dentures. Do not soak your dentures with metal attachments in solutions that contain chlorine as it can tarnish and corrode the metal.



### Crowding

Dental overcrowding can occur in older adults due to a number of factors including age-related changes in the jawbone and teeth shifting over time. This can lead to problems such as gum disease, tooth decay and difficulty cleaning between teeth.



## Mouth, Head and Neck Cancer

Mouth, Head and Neck Cancer can affect various structures including the throat, lips, gums, cheek and larynx. Symptoms may include persistent sore throat, difficulty swallowing, a lump in the mouth and/or changes in the voice. Preventative measures include visiting your dentist for regular check-ups, practicing a good oral health routine, not smoking and limiting your alcohol intake.

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## Diet and Nutrition

There is no special diet to be consumed by an older person, it remains the same as adults of any age. Ensure a balanced diet is consumed of protein, healthy fats, whole grain carbohydrates and fruit and vegetables. If you have difficulty eating a normal diet because of tooth loss or a sore mouth, consult a nutritionist who will help you to overcome any deficiencies that might develop. Loss of taste may happen as we get older so try to avoid foods with high sugar and high salt content. Eat fruit with natural sugars and use other seasonings to improve taste. Drink plenty of water daily to keep hydrated and also assist with saliva production.

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## Medications and Oral Health

Some medications may cause dry mouth. This may lead to tooth decay and gum disease. Avoid this by sipping water frequently during the day and your dentist may prescribe high dose fluoride toothpaste. Other medications such as laxatives or cough syrups tend to be high in sugar and should be taken at a specific time during the day such as after a meal and combine this with a mouth cleaning.

# Dental cover to suit all ages and budgets... Choose a plan that's right for you.



## ADULTS

From less than €19\* per month



## CHILDREN

From less than €12\*\* per month

## The Healthy Smiles Plans

Level 1	Level 2	Level 3	Level 4
100%† cover for exams, cleanings & X-Rays	100%† cover for exams, cleanings & X-Ray	100%† cover for exams, cleanings & X-Rays	100%† cover for exams, cleanings & X-Rays
100%† for emergency treatment	100%† for emergency treatment	100%† for emergency treatment	100%† for emergency treatment
	70% cover for fillings, extractions & treatment of gum disease	70% cover for fillings, extractions & treatment of gum disease	70% cover for fillings, extractions & treatment of gum disease
	<b>Additional cover for Children</b> <ul style="list-style-type: none"> <li>• Sealants</li> <li>• Space maintainers</li> <li>• Stainless steel crowns</li> </ul>	60% cover for major treatments such as root canals, crowns, dentures & implant supported crowns	60% cover for major treatments such as root canals, crowns, dentures & implant supported crowns
		Claim up to €5,000 with Oral Cancer Benefit	Claim up to €5,000 with Oral Cancer Benefit
		<b>Additional cover for Children</b> <ul style="list-style-type: none"> <li>• Sealants</li> <li>• Space maintainers</li> <li>• Stainless steel crowns</li> </ul>	Claim up to €1,000 on orthodontics
			<b>Additional cover for Children</b> <ul style="list-style-type: none"> <li>• Sealants</li> <li>• Space maintainers</li> <li>• Stainless steel crowns</li> </ul>

Adult Dental Plans – \*Healthy Smiles Level 1, age 18-39 from €18.31 per month or €219.72 per year. Plans available for all ages Children Dental Plans – \*\*Healthy Smiles Level 1, age 0-17 from €11.80 per month or €141.60 per year.

*†We reserve the right to limit claim payment to what we deem to be usual, reasonable and customary costs.*

**Get a Quote Today**



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Mon- Fri 8.30am - 5pm



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