



Newsletter Articles

Oral Health and Aged Care



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As we grow older, maintaining oral care can become increasingly challenging. The oral environment becomes more hostile due to factors such as increasing dry mouth, altered diet, wear and tear from previous dental work, and the simple fact that our teeth often outlive their usefulness.

This challenge is further compounded by reduced manual dexterity, deteriorating eyesight, and medical conditions affecting physical and cognitive health, such as arthritis and dementia.

Unfortunately, for many people, this can lead to the rapid deterioration of their oral health, resulting in issues such as tooth decay, tooth loss, gum disease, pain, infection, and overall discomfort.

Additionally, an unhealthy mouth can pose significant general health risks, including cardiovascular disease, and in aged care settings, an increased risk of pneumonia.

On a personal level, having healthy teeth is crucial for social confidence and self-esteem, impacting our ability to smile, eat, and speak comfortably. Taking care of our oral health can positively influence personal pride and dignity, whereas neglect can lead to degradation.

For those who retain some or all of their natural teeth, it's important to recognise that previous care habits may not be sufficient to address new challenges. These issues can escalate quickly, particularly when it's challenging to understand individual risk factors and select the correct dental products and oral hygiene protocols to reduce disease risk.

As a team of dedicated dentists, oral health therapists, and leading health educators, we have developed a platform aimed at simplifying and automating the dental risk assessment, education, and product recommendation processes for all ages and risk profiles. By taking our quiz, you will receive a report with tailored advice, a customisable care pack recommendation, and a schedule featuring instructional videos.

The next step involves implementing and maintaining this regimen, developing daily healthy habits, and periodically reviewing your risk profile to adapt to any changes. We understand that consistent daily preventive care, along with the right products and collaboration with your existing dentist and care team, offers you or your loved ones the best chance of maintaining a healthy, happy mouth.