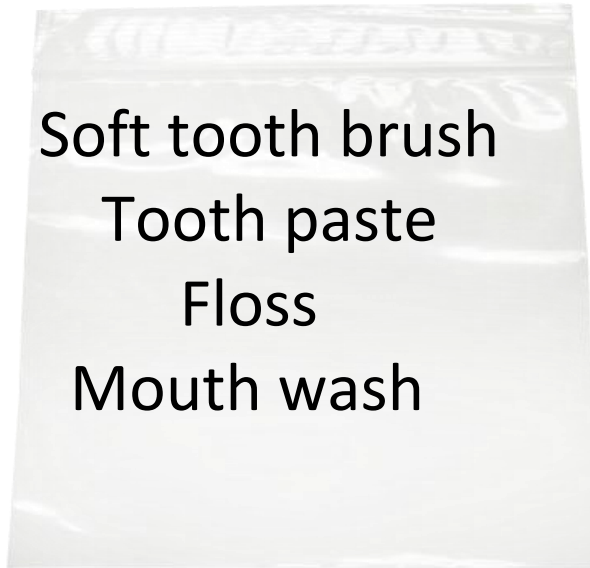




### Inside Quart Size ZipLoc Bag



Soft tooth brush  
Tooth paste  
Floss  
Mouth wash

#### **Common diseases and infections to look out for:**

**Cavities:** dark spots on the gum below a tooth

**Oral Cancer:** white patches in the mouth are an early sign of oral cancer

**Gum Disease:** swollen gums, loose teeth, bad breath that won't go away, bleeding gums

#### **Do you have difficulty controlling hand, arm or shoulder movement?**

Here are some useful ideas to adapt to standard toothbrushes:

- Lengthen the handle with a stick or rod
- Enlarge the handle with a tennis ball, sponge foam or bicycle grip
- Attach to the hand or arm with elastic or hand brace
- Bend the toothbrush handle to your comfort
- Try using an electric toothbrush (for people who cannot control fine movement)



**Meals On Wheels**

*Meals are just our first course!*

**MILES OF SMILES**

## Provide a healthy smile with Meals On Wheels Senior Dental Care!



### **Taking ultimate care of your oral health means to:**

- Brush your teeth at least twice daily with a soft toothbrush and fluoride toothpaste
- Floss your teeth at least once daily
- Visit your dentist regularly for checkups and cleaning services

### **Did YOU Know?**

**Oral health affects the whole body!**

Bacteria built up on teeth can cause infection of the blood stream, travelling throughout the body.

**In fact, Complications of poor oral health may increase the risk of:**

- Pneumonia
- Stroke
- Heart disease
- Dementia
- Aggravation of diabetes
- Blood infection

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