

9th International Conference on DEMENTIA AND DEMENTIA CARE

September 24-25, 2018 London, UK

How dirty teeth and tongues are killing our geriatric population

Sonya Dunbar

Mobile Dental Xpress Wellness and Nutrition, USA

Dental health plays a significant role in mental and emotional health and well-being. The tube-fed residents who had not had their teeth brushed in months because of the staff's failure to see the necessity of providing oral homecare. The Patients have so much tartar build up on his lower anterior teeth that they could not close his/her mouth or properly to chew food. The countless, heart-wrenching accounts of elders so embarrassed by their dental condition that they were ashamed to smile or even let me examine their mouths. Therefore, caregiver provision of proper oral homecare helps maintain the dignity of the geriatric community. Whether the neglect is due to caregivers' lack of knowledge or lack of compassion, the result is detrimental to the systemic health of the elderly. Uncontrolled oral bacteria can lead to pneumonia, diabetes, strokes and heart attacks. It has even been linked to Alzheimer's disease. Frequently, cognitive impairment intensifies pre-existing oral problems. For instance, elders with Alzheimer's typically have poor oral care and a higher incidence of oral diseases. The most deplorable aspect of this situation is the fact that it is readily preventable. The quality of life and systemic health of residents in long term care facilities can be significantly improved by simple, consistent and effective oral care practices.

Biography

Sonya Dunbar is a Registered Dental Hygienist having over 25 years of dental experience in private practice, skilled nursing facilities, academia and marketing and has proudly served her country in the United States Navy is also known as the Geriatric Tooth fairy. She has worked in long-term care facilities both as a Dental Hygienist providing clinical treatment and as a Staff Trainer providing in-services and hands on training to the staff.

Geriatrictoothfairy@800mdx.com