

## Better teeth better health (v11-v16)

### 11. Back to Basics on Oral Health Care for Older People

#### 長者口腔護理基本步法

Dental health is linked and fundamental to the rest of your body's functions.

口腔健康是身體功能保持正常運作的基礎。

Mouth complications can cause immediate problems like oral pain, trouble speaking, and difficulty eating and swallowing.

口腔併發症可以導致疼痛，影響說話能力，以及令進食和吞嚥變得困難。

Poor oral hygiene allows the bacteria in dental plaque to produce acids and other substances that damage the teeth, gums and surrounding bone.

不良的口腔衛生，讓牙菌斑上的細菌產生酸性和其他物質，損害牙齒、牙齦和齒槽骨。

Therefore, effective methods for teeth cleaning to maintain dental hygiene care is important.

因此有效地清潔牙齒，以維持良好的口腔衛生是非常重要的。

People's awareness and knowledge of oral health remains low.


人們對口腔保健的認識仍然很低。

In the following sessions, practical tips will be illustrated.

下面章節，將提供一些實用建議。

Regardless how basic they may be considered by many people, they are the fundamentals in keeping better teeth and better health for seniors.

即使很多人認為那是很基本的知識，但卻是保障長者維持牙齒及口腔健康的基礎。

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## 12. Maintenance of Oral Hygiene and Tooth Cleaning

### 維持口腔衛生和清理牙齒

Daily oral health practices highly influence an individual's oral health condition.

日常的口腔護理習慣，對個人的口腔健康狀況有著重大的作用。

Problems with teeth, gums and dentures can significantly affect the overall wellbeing of an older person and their ability to age positively.

牙齒、牙齦和假牙的問題可以嚴重影響著長者生活的整體福祉和積極地面對老化的能力。

Nevertheless, oral health needs and maintenance regimes vary considerably depending on the makeup of the teeth, gums and mouth of an individual.

儘管如此，口腔健康的需要和保養方式都因應不同人的牙齒、牙齦和口腔構造而異。


Therefore, check on presence of oral problems is the first step to initiate an oral care plan by carers.

因此，檢查長者口腔是否存在問題是照顧者要訂立口腔照顧的第一步。

### 1.1 The checking of the oral cavity involves the conditions of:

檢查口腔，包括查看以下各項：

- ✓ lips  
口唇
- ✓ tongue  
舌頭
- ✓ gums and mucosal tissues  
牙齦和粘膜組織
- ✓ saliva  
唾液
- ✓ natural teeth  
真牙
- ✓ dentures, if any  
假牙，如果有
- ✓ oral cleanliness  
口腔清潔程度
- ✓ presence of dental pain  
出現牙痛情況

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## 1.2 There follows the identification of oral problems

### 然後識別口腔的問題


Check whether the presence of :

檢查是否出現以下各項：

- ✓ Saliva is thick and or retention  
唾液變濃稠及或滯留
- ✓ Cracks at corners of the mouth  
咀角裂開
- ✓ Difficulty in eating and or speaking  
進食及/或說話困難
- ✓ Food left in the mouth  
口腔內殘留食物
- ✓ Bad breath  
口氣
- ✓ Swollen red gums that bleed easily upon brushing  
牙齦紅腫，並在刷牙時容易流血
- ✓ Dental plaque on teeth particularly at the gum line  
牙齒上有牙菌斑尤其集中在牙齦間
- ✓ Sore, swollen, inflamed or coated tongue  
疼痛、腫脹、發炎或有舌苔
- ✓ Refusal to eat or opening of mouth  
拒絕進食或開口
- ✓ Oral pain or tooth sensitivity  
口腔疼痛或敏感牙齒
- ✓ Calculus on teeth, particularly at the gum line  
牙結石，尤其圍繞在牙齦間
- ✓ Denture that breaks, cracks or chips  
破裂、裂紋或碎屑的假牙

When problems are identified, an individualized oral care plan for the older person can be formulated.

當確認了問題所在後，便可以為長者訂立合適的口腔護理計劃。

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### 13. Basic Tips on Oral Health

#### 口腔護理基本法


Here are some basic tips that you can start doing right away.

以下一些基本提示，你可以立即開始做。

#### 1.3 General health tips for maintaining and improving oral health for seniors

一般健康建議以維持及改善長者口腔健康

- ✓ Brush twice a day with a toothbrush with soft bristles.  
用柔軟刷毛的牙刷，每天刷牙兩次。
- ✓ Senior may also benefit from using an electric toothbrush.  
使用電動牙刷亦可能對長者有好處。
- ✓ Brush with fluoride toothpaste and take time along the gum line.  
使用含氟化物的牙膏，並花時間沿著牙齦間刷乾淨。
- ✓ Clean in between teeth using interdental brush or floss once a day.  
每日一次使用牙縫刷或牙線清潔牙縫。
- ✓ Assistance may be needed for some seniors.  
部分長者可能需要協助。
- ✓ If full or partial dentures are worn, remember to clean them on a daily basis.  
若戴有整排或部分假牙，記得每日都要清潔。
- ✓ Take dentures out of the mouth for at least four hours every day.  
每天需除下假牙至少四小時。
- ✓ It is best to remove them at night.  
晚上最好除下假牙。
- ✓ Be sure to use denture specific cleaner.  
務必使用假牙專用清潔劑。
- ✓ Brush the tongue.  
刷舌頭。
- ✓ Drink water with fluoride.  
飲用加氟食水。
- ✓ It helps prevent tooth decay no matter how old you are.  
它有助防止蛀牙，不論你的年紀。
- ✓ Quit smoking for smoker as smoking increases problems with gum disease, tooth decay and tooth loss.  
必須戒煙，因為吸煙增加牙周病、蛀牙、掉牙等問題。
- ✓ Visit dentist regularly and schedule appropriate cleanings and exams.  
定期看牙醫，以清潔和檢查牙齒。

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#### 1.4 Furthermore, there are special areas that may need further attention:

此外，有一些需要進一步關注的地方如下：

- ✓ Brush or rinse teeth after meals.  
飯後刷牙漱口。
- ✓ After meals, trapped food particles can quickly become bacteria cultivating ground.  
餐後食物殘餘在牙縫間，很快會成為細菌溫床。
- ✓ To minimize bacteria breeding in the senior's mouth, the habit of brushing should be about 30 minutes after meals.  
要減少長者口腔細菌滋生，要養成飯後約 30 分鐘刷牙的習慣。
- ✓ Use of electric toothbrush is particularly useful for older person with limited hand strength and control, which takes up the work out of brushing.  
長者因為手力不足和控制退化，電動牙刷對他們特別有用，因為可以取代了刷牙的工作。
- ✓ Use warm water for brushing sensitive teeth.  
用暖水刷敏感牙齒。
- ✓ Use salt water rinse as a short-term treatment when the senior has a sore throat or oral thrush.  
當長者患上喉嚨痛或鵝口瘡時，可用鹽水漱口作為短期治療。
- ✓ Just add about a half teaspoon of salt to a cup of warm water, and swish around the mouth for about 30 seconds.  
只需在一杯溫水中加入大約半茶匙的鹽，漱洗口腔約 30 秒。

Practicing good dental hygiene habits can make the older person stay healthy, happy and improving quality of life.

養成良好的牙齒衛生習慣可以有助長者保持健康、生活愉快，和改善生活質素。

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#### 14. Prevention and Management of Common Oral Problems and Conditions such as dry mouth, gum diseases and denture care

預防和處理常見的口腔問題，如口乾、牙周病，和照顧假牙等

Dry mouth can have a negative impact on oral health due to the reduction of saliva flow.  
口乾減低唾液流動，因而對口腔健康有著負面影響。

Saliva contains essential antimicrobial components that help rebuild tooth enamel.  
唾液含有重要的抑菌成份，幫助重建琺瑯質。

Saliva can also prevent infections by controlling bacteria in the mouth.  
同時亦可控制口腔內的細菌，預防感染。

With many seniors experiencing frequent dry mouth, they are placed at a higher risk of oral disease and infections, including gingivitis, tooth decay and thrush.

由於許多長者經常遇到口乾問題，他們被置於口腔疾病與感染的較高風險，包括牙齦炎、蛀牙和鵝口瘡。

If seniors are experiencing dry mouth, learn what can be done to help stay more comfortable and minimize risk of oral complications.

長者如遇口乾問題，學習以下技巧可令他們更舒適，和降低口腔併發症的風險。

- ✓ Drink plenty of water, especially fluoridated water is the best beverage for maintaining oral health.

多飲水，尤其加了氟化物的水對維持口腔健康最有益處。

It is because fluoride helps to make teeth more resistant to the acid attacks that can cause cavities.

因為氟化物會加強牙齒抗酸能力，避免蛀牙。

- ✓ Drink water after meals and snacks, and after taking medications especially if they have been crushed and mixed with a sweetener.

飯後、小食和服用藥物後要飲水，特別是被壓碎並與甜味劑混合的藥物。

- ✓ Keep the mouth moist by frequently rinsing or sipping with water.

經常漱口或啜飲開水，保持口腔濕潤。

- ✓ Avoid coffee, alcohol, soft drinks, acidic juices.


避免喝咖啡、酒、汽水、酸性果汁。

- ✓ Use sugar free gum and lozenges to stimulate saliva secretion.

用無糖香口膠和潤喉片來刺激唾液分泌。

- ✓ Consult physician to alter medication dosage if dry mouth occurs as a result of side effects of medications as mentioned earlier on previous section.

上一節所提及一些藥物的副作用可導致口乾，應該諮詢醫生調較藥物劑量。

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## 15. Gum diseases also called Periodontitis

### 牙齦病又稱牙周炎

The effects of gum diseases can be stopped through regular checkups and treatment, as well as continual good oral hygiene.

預防牙周病可以透過定期檢查和治療、保持良好口腔衛生。

It is also a part of treatment once an infection occurs.

當有感染出現時，這也是治療的一部分。


Therefore, effective removal of dental plaque is essential to dental and periodontal health throughout life.

因此，有效去除牙菌斑，是對牙齒及牙周健康來說終身受用的方法。

If good oral hygiene and non-surgical treatments are not effective, surgical intervention may be needed in advanced periodontitis.

若保持口腔衛生及非手術治療都未能發揮作用時，再嚴重的牙周病可能需要手術來處理。

- ✓ Brush the teeth with a suitable toothbrush and toothpaste at least twice a day, carefully cleaning the chewing surfaces and the sides of the teeth.  
用適當的牙刷和牙膏，每天至少刷兩次牙，仔細清潔牙齒的咀嚼面和牙縫。
- ✓ Use floss or an interdental brush every day to clean between the teeth, and in the spaces that the brush cannot reach.  
每天均使用牙線或牙縫刷，清潔牙刷未能刷到的牙縫部分。  
Dental floss can clean small gaps, whereas a dental brush is useful for larger space.  
牙線可以清潔牙縫小縫隙，而牙縫刷則處理較大的縫隙。
- ✓ Take special attention in cleaning around uneven surfaces, for example, closely-packed teeth, crooked teeth, crowns, dentures, fillings.  
特別留意清潔參差不齊的表面，如很密的牙齒、彎曲的牙齒、牙冠、假牙、補牙物等。
- ✓ Brushes should not be shared as bacteria can pass from person to person in this way.  
不應和別人共享牙刷，因為細菌可能因此而傳染別人。
- ✓ After brushing, antibacterial mouthwash can be used to help control plaque and gingivitis, but the best preventive measure is also back to basics on teeth cleaning.  
刷牙後使用漱口水，有助控制牙菌斑和牙齦炎；然而最佳的預防方法，都是回歸基本的刷牙清潔習慣。


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According to the American Dental Association, it is best to  
根據美國牙科協會，最好可以

- ✓ brush the teeth for 2 minutes, twice a day with either a manual or electric toothbrush that has soft bristles.  
每日以軟毛的手動或電動牙刷來刷牙兩次，每次兩分鐘。
- ✓ use a fluoride toothpaste  
使用含氟化物牙膏。
- ✓ rinse the brush well after use and store upright.  
牙刷用後要洗乾淨，並豎立存放。
- ✓ replace the toothbrush every 3 to 4 months, and more frequent if the bristles are matted or frayed.  
每三至四個月更換牙刷，如刷毛纏結成塊或磨損，則需要更頻密更換。
- ✓ choose a brush with the ADA seal of acceptance  
可選擇獲美國牙科協會認證的牙刷。


## 16. Denture care 假牙護理

- ✓ Remove dentures every night to keep lining healthy.  
每晚除下假牙以維持健康。
- ✓ Brush and rinse dentures daily, but not with toothpaste.  
每天洗刷假牙，但不要用牙膏。  
Toothpaste is abrasive and creates microscopic scratches where food and plaque can build up.  
牙膏有磨蝕作用，會造成微小的刮痕，令食物和牙菌斑積聚。  
Similar to natural teeth, dentures must be brushed daily to remove food and plaque.  
假牙就如同真牙那樣，需要每天洗刷以移除食物殘渣和牙菌斑。  
Brushing also helps prevent the development of permanent stains on the dentures.  
刷假牙也可防止永久的污漬出現。
- ✓ Use a brush with soft bristles that is specifically designed for cleaning dentures.  
使用專為清潔假牙設計的軟刷毛。  
Avoid using a hard-bristled brush as it can damage or wear down dentures.  
避免使用會損壞或磨損假牙的硬毛牙刷。  
Gently brush all surfaces of the denture and be careful not to damage the plastic or bend attachments.  
輕輕地刷洗所有表面，小心不要損壞塑膠或彎曲的附件。  
In between brushing, rinse dentures after every meal.  
在刷牙之間，每餐後都要漱洗假牙。

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- ✓ Clean with a denture cleaner.  
使用假牙清潔劑清潔。  
Hand soap or mild dishwashing liquid can be used for cleaning dentures.  
可以使用洗手皂或溫和的洗碗液來清洗假牙。  
Household cleansers and many toothpastes may be too abrasive for dentures and should not be used.  
家用清潔劑和很多牙膏對假牙來說磨蝕性過強，因此不應使用。  
Also, avoid using bleach, as this may whiten the pink portion of the denture.  
此外也要避免使用漂白水，因為會漂白了假牙上粉紅色部分。  
Ultrasonic cleaner can be used to care for dentures.  
超聲波清潔器是可以用來護理假牙。  
These cleaners are small bathtub-like devices that contain a cleaning solution.  
這是細小、浴缸形狀的儀器，內附清潔液。  
The denture is immersed in the tub and then sound waves create a wave motion that dislodges the undesirable deposits.  
假牙浸入缸內，儀器會產生聲波去除不良沉積物。  
Use of an ultrasonic cleaner however, does not replace a thorough daily brushing.  
然而，超聲波清潔並不能取代每日徹底刷牙。
- ✓ Dentures should never be placed in hot water which can cause them to bend  
不要把假牙放入熱水，那會令它彎曲。
- ✓ Dentures need to be kept moist when not being worn so they do not dry out or lose their shape.  
除下的假牙要保持濕潤，避免乾涸或變形。
- ✓ When not worn, dentures should be placed in a denture cleanser soaking solution or in water.  
除下的假牙，應將放入假牙清潔劑浸泡溶液或水中。  
However, if the denture has metal attachments, they could tarnish if placed in a soaking solution.  
然而，若假牙有金屬部件，則可能因浸著存放而褪色。  
The senior or carer should consult dentist to recommend the best methods for caring the particular denture.  
長者或照顧者應該諮詢牙醫找出最合適護理假牙的方法。

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