

Better teeth better health (v1-v5)

Demand on your CARE: Better Teeth, Better Health

老唔惱 - 口「康」護您，健「腔」無價

1. Introduction

引言

Have you ever thought of having a full set of teeth as you aged?

你有沒有想過年老也可以有一口完整的牙齒？

Have you been upset by choices of food due to teeth problems?

你是否試過因為牙齒問題而令你不能選擇某些食物？

Is there any linkage between good oral health and quality of life or general health?

口腔健康與生活質素或整體健康是否有任何關聯？

Being carers of older people, and those with cognitive decline, who are dependent on your care, have you encountered problems with their mouth care?

作為年長者或認知退化人士的照顧者，你有沒有遇到關於他們口腔護理的問題？

Is oral care a top priority in your care routines?

在日常照顧中你有否優先考慮他們的口腔護理嗎？

Are you aware of the common oral health problems suffered by older people?

你對長者普遍出現的口腔健康問題了解嗎？

When should an older person visit a dentist?

年長者應該何時去看牙醫？

The complexity of ageing mouth, means that formal or informal carers in elder care, need to be familiar with the common conditions, and understand the importance in attending oral care for those who need assistance in activity of daily living.

長者的口腔護理之所以複雜，無論正規或非正規的老人照顧者，都需要熟悉長者普遍的口腔情況，並明白在日常生活中需要口腔護理協助的長者為其重要。

In this course, you will find the importance of good oral health in relation to a person's quality of life and overall health as one aged.


這個課程將展示隨著年齡增長，口腔健康對於一個人的生活質素與整體健康的重要性。

You will also hear from experts of the Hong Kong Dental Association on the essentials, and common misconceptions in oral health care for older people.

你亦會在課程中聽取香港牙醫學會代表的專業意見，有關護理的重點，和一般對長者口腔健康的誤解。

Important tips in preserving good oral hygiene will be explicated in the form of attractive animation.

對於保持口腔衛生的重要建議，將以動畫形式來作詳細解釋。

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2.1 Age-related Changes in the Oral Cavity

年齡相關的口腔變化

As we aged, there are common age-related changes of the mouth.
隨著年齡增長，口部會產生一些相關的變化。

Teeth may become brittle and stained by food and drink particularly tea and coffee, by nicotine from smoking, or by oral iron supplements.

牙齒會越來越脆，並更容易沾上飲食的痕跡，如咖啡漬和茶漬，吸煙的尼古丁漬，或口服鐵質補充劑等。

Surface enamel may be lost, and teeth may become loose as a result of breakdown of supporting tissues and bone loss.

牙齒表面的琺瑯質可能會流失，牙齒或會因支撐組織散失和骨質流失而變鬆。

The nerves in your teeth can become smaller, making your teeth less sensitive to cavities or other problems.

牙齒的神經可能會收縮，減低牙齒對口腔問題的敏感度。

Teeth grinding or bruxism wears down the surface of teeth, and can be a problem in older people with agitation.


磨牙會磨損牙齒表面，對於有激動情緒的長者更加是一個問題。

Worse still, these changes predispose frail older people to mucosal, gingival, and periodontal inflammation and other problems, that can be compounded through poor oral hygiene and low intake of oral fluids.

更甚的是，這些改變會令老弱的長者更易導致粘膜炎、牙齦炎、牙周炎和其他問題，並因不良的口腔衛生和水份攝取量不足而惡化。

If they do not get regular dental care, this in turn can lead to these problems being diagnosed too late.

如果長者不定期接受牙齒護理，反過來會導致這些問題延遲得到診斷。

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2.2 Structures around the Teeth

牙齒結構

A normal adult has 32 teeth.

成人正常有 32 顆牙齒。

The teeth are the hardest substances in the human body.

牙齒是人體中最堅硬的物質。

Before we proceed further on the issues of oral health, let us have a brief look at the structure around the teeth.

在進一步講解口腔健康問題之前，讓我們先來簡單看一下牙齒周圍的結構。

A tooth has two anatomical parts.

牙齒有兩個解剖部分。

The crown of a tooth is that part of the tooth which is covered with enamel and this is the part usually visible in the mouth.

牙冠是牙齒的一部分，上面覆蓋著琺瑯質，這是口腔中通常可見的部分。

The root is the part embedded in the jaw.

牙根部是嵌入在下顎的部位。

It anchors the teeth in its bony socket and is normally not visible.

它固定牙齒在牙槽骨，通常是看不見的。

Parts of the teeth include:

牙齒的部分包括:

Enamel: The outer layer of the crown, is the hardest substance in the body.

琺瑯質：牙冠的最外層，是人體最堅硬的組織。

Dentine: A layer underlying the enamel.


象牙質：是琺瑯質的底層。

Forms the bulk of the tooth, and can be sensitive if the protection of the enamel is lost.

構成牙齒的大部分，如果琺瑯質的保護丟失會出現敏感。

Cementum: A layer of connective tissue that binds the roots of the teeth firmly to the gums and jawbone.

牙骨質：一層纖維組織，將牙齒的根部牢固地結合到牙齦和下頷骨上。

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Periodontal membrane: The tissue that helps hold the teeth tightly against the jaw.

牙周膜：這些纖維將牙齒固定在下頷骨上。

It acts as shock absorbers for the teeth, which is subjected to heavy forces during chewing, as to prevent injuries.

它作為牙齒的緩衝器，讓牙齒能承受日常咀嚼的外力，避免牙齒在咀嚼過程中受傷。

Pulp: Soft tissue containing the blood vessels and nerves supply to the tooth.

牙髓：是滿佈血管和神經供應到牙齒的軟組織。

It extends from the crown to the tip of the root.

它從牙冠延伸到根尖。

Each tooth and periodontal membrane has a nerve supply.

每顆牙齒和牙周膜帶都有神經供應。

The blood supply is necessary to maintain the vitality of the tooth.

血液供應是保持牙齒活力所必需的。

Gingivae or Gums: The soft tissue that immediately surrounds the teeth and bone.

牙齦 俗稱牙肉：一層覆蓋牙槽骨表面的軟組織。

It protects the bone and the roots of the teeth, and provides an easily lubricated surface.

它保護牙槽骨和牙齒根部，並提供易於潤滑的表面。

Alveolar Bone: Provides a socket to surround and support the roots of the teeth.

牙槽骨：包圍著牙齒並藉以支撐牙齒的根部。

3. The State of Oral Health in Older People in Hong Kong

香港長者的口腔健康狀況

As stated by the World Health Organization, millions of elderly people across the globe are not getting the oral health care they need.


世界衛生組織指出，全球數以百萬的長者並未得到所需的口腔健康照顧，

It is because governments are not aware enough of the problem.

原因是政府並未對問題有足夠的重視。

In general, low awareness of the importance of good oral health in relation to overall health, and some of the misconceptions, combine to deprive the elderly of crucial care.

總括來說，忽視口腔健康對整體健康的重要性，加上對此的一些誤解，剝奪了長者所需的關鍵照顧。

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Referring the importance of the functional dentition, the World Health Organization has set a goal for oral health as retention of at least 20 natural teeth throughout adult life.

要維持咀嚼功能的牙齒組合，世界衛生組織為口腔健康定的目標，是在整個成年期間能夠保留至少 20 隻真牙。

This was concurred by researchers of what constituted the minimum functional dentition.

而這個目標與研究員提出的最少可運作牙齒數目也是一致的。

According to an oral health survey conducted by the Department of Health in Hong Kong in 2011, older persons age between 65 to 74 not living in institution generally has low tendency to use professional dental services.

根據香港衛生署於 2011 年進行的口腔健康調查，年齡介乎 65 至 74 歲非院舍居住的長者，普遍沒有尋求專業牙科護理服務。

More than three-quarters of elderly subjects in the community did not attend regular dental check-up.

超過四分三受訪的社區長者並沒有定期檢查牙齒。

Majority of them believed that their teeth were good and hence there was no need to visit a dentist.

他們大多相信自己的牙齒很健康，並不需要去看牙醫。

However, the results showed that the extent of having less than 20 teeth was as high as 40.5%.

然而，調查結果顯示，他們當中擁有少於 20 隻真牙的比例高達 40.5%。

In addition, 99.3% of the interviewees had experienced dental caries, and about 47.8% had untreated tooth decay.

此外，99.3%受訪者曾受蛀牙困擾，而約 47.8%人的蛀牙情況並未有治療。

Besides, 97.1% of those with remaining teeth suffered from gum bleeding, 86.3% had half or more of their teeth with bleeding gums, and 60% presented deep pockets.


還有，97.1%的受訪長者有牙齦出血的情況，而 86.3%則有逾半牙齒有牙齦出血問題，60%有牙周袋。

The state of oral health of the older people depicts a worrying situation of the periodontal status, with an elevated prevalence of dental caries.

長者口腔健康反映了令人擔憂的牙周狀況，蛀牙情況越趨普遍。

Dental caries remains a major oral health problem.

蛀牙始終是最重要的口腔問題。

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It is therefore prime time advocating for good dental care habits and oral care, to improve the overall health of the older people in Hong Kong.

因此，提倡良好的牙齒和口腔護理習慣，以改善香港老人整體健康的工作實在刻不容緩。

4. The Problems with Neglected Oral Health Care

忽視口腔護理的問題

The process of ageing may directly or indirectly increase the risk of oral diseases.

老化的過程可能直接或間接增加口腔疾病出現的風險。

Poor oral health has been particularly evident among the elderly in terms of dental caries experience, gum disease and tooth loss.

口腔健康欠佳在長者中尤為明顯，情況如蛀牙、牙齦疾病、牙齒脫落等。

Also, dry mouth is commonly experienced by older people.

另外，長者也常出現口乾的情況。

Dental caries remains a major oral health problem among the elderly for various reasons, such as age-related salivary changes; a poor diet; exposure of the root surface by gingival recession; or a greater likelihood of drug treatment with dry mouth as a side effect.

蛀牙仍然是長者一個主要的口腔健康問題，原因包括受年齡影響使唾液分泌發生改變、不良的飲食習慣、牙齦萎縮導致牙根外露、或服食藥物副作用而導致口乾。

Gum Disease also known as periodontal disease is an infection that affects tooth support tissues. 牙齦病又稱牙周病，為一種感染影響支撐牙齒的組織。

Studies found that the most frequent findings among the old people are the accumulation of bacterial plaque.

研究發現，長者最常見的是細菌附著在牙齒上形成的牙菌斑。

It irritates the gums, making them swollen, red and more likely to bleed, consequent gingivitis and mild or moderate alveolar bone loss.

它刺激牙齦，使它們腫脹、紅腫、和更容易出血，導致牙齦炎，和輕度至中度的牙槽骨流失。


One reason gum disease is more widespread among adults, is that it is often a painless condition until the advanced stage.

牙周病在成人中更為普遍的原因之一，是在進展至嚴重階段之前，並無明顯疼痛症狀，所以容易被長者忽略。

If left untreated, gums can begin to pull away from the teeth and form deepened spaces called pockets where food particles and more plaque may accumulate.

如不及早就診，會造成牙齦萎縮，在牙肉和牙齒之間擴大的空隙間積聚更多食物殘渣，形成牙周袋及更多的牙菌斑。

Advanced gum disease can eventually destroy the gums, bone and ligaments supporting the teeth leading to tooth loss.

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嚴重的牙周病會破壞牙齦、牙槽骨、牙周韌帶，令到牙齒脫落。

When these problems are not treated, the final stage of caries and gum disease is tooth loss, and eventually edentulism.

當這些問題，蛀牙和牙齦病 沒有得到處理，最終全部牙齒將會脫落。

Edentulism

無牙症

It is complete loss of all natural teeth.

無牙症指的是全部牙齒均脫落，

It represents a failure of dental care that can substantially reduce quality of life, self-image, and daily functioning.

這代表著失敗的口腔護理，並會大幅降低生活質素、個人形象，以至日常生活，

It is directly related to mastication and nutritional problems.

它與咀嚼和營養問題直接相關。

The Oral Health Survey conducted in 2011 in Hong Kong showed that about one in every 18 non-institution living older persons had no tooth at all.

根據 2011 年的全港口腔健康調查，每 18 名非居於院舍長者當中，約有一名失去所有牙齒。

5. Suboptimal oral health is linked and fundamental to the rest of your body's functions

不理想口腔健康與身體的基本功能息息相關

For example, dental caries lead to destruction of tooth structure, and periodontal disease affects the tooth-supporting structures.

例如蛀牙破壞齒狀構造，而牙周病影響支持牙齒的組織，

Both conditions can cause immediate problems like oral pain, trouble speaking, and difficulty eating, swallowing and subsequently affect nutrition.

兩者都會即時引致口腔疼痛，說話、進食和吞嚥困難，進一步會影響營養的吸收。

The negative impact of poor oral conditions on daily life is particularly significant among edentulous people.


不良的口腔健康狀況對於無牙症長者來說，對他們日常生活的影響尤其顯注。

Globally, poor oral health among older people has particularly been seen in a high level of tooth loss, dental caries.

全球長者的口腔健康問題，最常來自牙齒脫落和蛀牙。

It is worst still for people with physical and cognitive disabilities, caused by stroke or dementia.

對於行動不便，和有認知障礙的人士，例如中風或有腦退化人士 影響尤其嚴重。

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They may have difficulties in performing oral hygiene practices and contributes additional risk to their oral health.

因為他們可能無法自行維持良好口腔衛生習慣，對口腔健康構成更大風險。

Oral health in fact, touches every aspect of our lives but is often taken for granted.

其實口腔健康關係到我們生活的每一個層面，只是往往被忽視。

People may not realize the links between physical health, disease, and risks associated with problems in the ageing mouth.


人們未必意識到身體健康、疾病和與口腔老化問題相關的風險之間的聯繫。

Suboptimal oral health may have profound effects beyond the oral cavity.

不理想口腔健康對口腔以外的影響深遠。

A failure to prioritize oral health and hygiene by formal or informal carers in elder care contributes to the further deterioration and avoidable problems.

不管是正規或非正規的照顧者，若未能優先照顧長者的口腔健康與衛生，將可能加速問題惡化，並導致本可避免的問題出現。

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