

Better teeth better health (v27-v28)

27. Last Chapter

最後一章

Good oral health implies comfort, hygiene, and the absence of disease.

良好的口腔健康必然包含了舒適、衛生，和遠離疾病

It is observed that while advancing age has put many elders at a higher risk of oral health problems. 觀察所得，很多長者因年事已高令口腔健康問題的風險提升。

Yet in Hong Kong, they had the lowest utilization rate of dental care services among all the age groups surveyed by the Census and Statistics Department in 2014.

然而在香港，根據政府統計處於2014年的調查顯示，長者使用牙科服務的比率是所有年齡層中最低的。

The Government has put in place the Elderly Dental Assistance Programme and the Elderly Health Care Voucher Scheme to provide financial support for the elderly to receive private dental care services.

政府推出長者牙科服務資助和長者醫療券計劃，向長者提供使用私家牙科診所服務的財政支援。

Some seniors have adapted to a compromised oral health status and seek treatment only when an emergency arises.

有些長者習慣了降低口腔衛生的要求，非必要情況都不去求診。

Understanding the reason for its low utilization and promoting its use should go hand in hand.

所以，了解低使用量的原因，和宣傳計劃鼓勵長者們善用服務，應該要相輔相成同步進行。

The major block in oral health care of elderly living or not living in institution could be the underestimation of the oral health care need by them.

無論是否居住在院舍的長者，口腔護理的最主要障礙，是低估了他們對牙科保健的需求。


The dental care of the elderly living in institution is often limited to emergency care and is not aimed at retaining teeth.

院舍的長者接受的口腔護理，僅限於緊急服務，而非旨在保存他們的牙齒。

With changing attitudes, the oral health goal should include:

隨著態度改變，口腔健康應該包括以下各項：

- keeping their teeth,
保存牙齒
- keeping their teeth healthy and
保護牙齒健康
- keeping their teeth pretty.
保持牙齒整潔

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28. Oral health touches every aspect of our lives but is often taken for granted.

口腔衛生與我們生活的每個環節息息相關，但卻常被忽略。

Your mouth is a window into the health of your body.

口腔是身體的健康之門。

Many people believe that they need to see a dentist only if they are in pain or think something is wrong.

不少人以為他們只需要在牙痛或出問題時才去看牙醫。

Yet, regular dental visits can contribute to a lifetime of good oral health.

然而定期做牙科檢查，才可以保持持續的口腔健康。

Your mouth changes as you aged.

你的口腔狀況會隨著年長而改變。

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

牙齒神經會縮小，使牙齒對蛀牙或其他問題不太敏感。

If you do not get regular dental examinations, this in turn can lead to these problems not being diagnosed until it is too late.

若你沒有定期做牙科檢查，可能因此而導致這些問題到為時已晚才被診斷出來。

A positive response to any of the following three simple screening questions is an indication to advise the concerned older person to consult a dentist as soon as possible.

以下三條簡單問題，若有任何一條的答案為「有」，代表了有關長者應該盡快找牙醫作檢查。


- “Do you have any oral discomfort and problem in chewing?”
「你在咀嚼時有沒有感到不適或困難？」
- “Do you have any difficulty in cleaning your teeth and/or dentures?”, Or
「你清潔牙齒及/或假牙時，有沒有困難？」或
- “Do you have any difficulty in cleaning his/her teeth or dentures?”
「你清潔他/她的牙齒及/或假牙時，有沒有困難？」
- “Do you have any feeling of dry mouth?”
「你有沒有感到口乾？」

Oral health can often be an indicator of overall health.

口腔健康往往是反映整體健康狀況的指標。

In fact, one of the first indicators of poor health is trouble in the mouth.

事實上，健康不佳的首要指標之一是口腔問題。

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Take oral health of yourself and those that need your assistance seriously.
請嚴肅地正視你自己或需要你照顧的長者的口腔健康。

Brush, floss, and use mouthwash, when necessary every day.
每天刷牙、用牙線清潔牙縫、有需要時用漱口水。

Take note of any bleeding in the gums or anything unusual in the mouth.
注意牙齦出血或任何口腔異常的狀況。


If we take care of our mouth, we take care of our body too.
如我們照顧好口腔，也代表了我們有好好照顧自己的健康。

By adopting healthy oral habits at home, making smart choices about diet and lifestyle, and seeking regular dental care, you can help your teeth last a lifetime whether you have your natural teeth, implants or wear dentures.

透過良好的口腔護理習慣，智選合適的日常飲食和生活模式，定期做牙科檢查等，可以幫助保護你的牙齒，無論是真牙、植牙或假牙，都能伴隨你一生。

If you want to feel good, stay healthy, and look great throughout life, you might be surprised what a difference a healthy mouth makes.

如果你想感覺良好、保持健康、並且看起來一輩子都很得體，你可能會驚訝地發現一個健康的口腔有什麼不同。

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