



# Dental problems at older age

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## COMMENTARY

Life is richer and more real than ever before in recent years. Like many other diseases, older people have dental problems. It is important to note here that many diseases are caused by poor oral health. However, age is not the only factor that contributes to various dental problems. Occasionally, a health condition such as arthritis can cause severe pain, so brushing or caring for oral health becomes a chore. In that sense, many common dental problems can be the result. During old age, the body needs more nutritious food, and if you do not get it, your health deteriorates. Therefore, it is recommended that adults drink warm water regularly throughout the day as it prevents the mouth from drying out.

If a person has a dry mouth, he or she will definitely have bad breath. Brushing twice a day is helpful but it cannot cover dry mouth for long. The bad spirit also makes it difficult for family members to look after the elderly at home because they have to stay close to the elders regularly. In fact, no one can, and people are gradually moving away from adults. Sometimes it is caused by a problem with dentures in adults. The formation of germs in the mouth can be caused by many problems. Gum problems, poor oral hygiene and dry mouth are the most common causes of halitosis, but other problems such as chronic sinusitis, diabetes, tooth decay, and digestive problems can lead to bad breath. At times, the way the drugs break down in the body may give off a strange odour. With age, tooth decay also becomes one of the most common dental problems. Slight tooth decay in these years can also lead to infections, pain,

and, in some cases, tooth loss. The reason for this is the gradual formation of plaque and tartar. When a person does not brush properly, cavities develop over time, which can lead to tooth decay. Of all the various dental problems, this one is the most common one. Also contributing to tooth decay are sugary foods, or snacks, and even reduced saliva production. There is no specific treatment for cavities; the only way out is to prevent it. A common dental problem that adults experience is gum disease. The most common causes of gum disease are smoking, frequent brushing of teeth, tooth decay, and family history. A family history of gum disease cannot be avoided but other factors can be avoided to reduce the risk.

Of all the common dental diseases and disorders of the elderly, the worst of these are oral ulcers. The risk of developing oral ulcers increases over time. If this is not treated in time, it can lead to oral cancer. This is why you should check with a doctor if sores in the mouth persist or there is a change in the color of the skin in the teeth. Cancer is still a chronic disease so if a person gets it, it is important to diagnose it and consider treatment as soon as it is diagnosed. One way to find out about subtle dental problems such as mouth sores is to check your teeth regularly. Make sure the elderly get regular dental check-ups to keep their oral health healthy.

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## CONFLICTS OF INTEREST

None.