



# ORAL CARE FOR ELDERS/ GCHI-NISHNAABEG

*with their dentures/  
wiibdaakaajganan*

**Biigtigong Mno-zhi-yaawgamig**  
**For oral health supplies call:**  
Dental Hygienist  
229-1836 ext 623





## A HEALTHY MOUTH CAN:

- help manage blood sugars if you have diabetes/ziinzbaak̓dwaapnewin.
- reduce your risk of heart disease.
- contributes to your quality of life.
- help you eat better.

## VISIT A DENTAL PROFESSIONAL REGULARLY TO:

- check for infection, oral cancers or other problems that could affect your health.
- check how your dentures fit, especially if you have a sore.
- help manage other concerns like dry mouth.

## HOW TO CLEAN YOUR DENTURE:

- Rinse your dentures after meals.
- Brush your denture everyday with a brush, mild soap or denture cleaner.
- Remove dentures at night (dbikak) to give your gums a chance to rest.
- At night, soak dentures in warm water with or without denture cleaner. If the denture has metal clasp only use water (niibi) to soak.
- Massage your gums with a soft toothbrush or cloth everyday.