

# Oral health in adults with learning disabilities

Scottish

Learning Disabilities

Observatory

## Easy read research summary



### Why we did this work



It is important to keep your teeth clean and healthy this is known as your oral health.

You can have good oral health by doing 3 things.



1. Brush your teeth morning and night.



2. Do not have too many sugary drinks or snacks.



3. Go to your dentist.

### What we found



People with learning disabilities often have worse oral health than other people, for lots of reasons.



Most people with learning disabilities have poor gum health and tooth decay (also known as dental caries).



Having bad gums and teeth can lead to tooth loss.



People with learning disabilities often lose more of their teeth at younger ages compared to other people.



Lots of adults with learning disabilities have no teeth at all.



Some medicines we take to stay healthy can be bad for our oral health.



People with learning disabilities are more likely to take these medicines. This is why it is important to look after your teeth.



It is important to talk to your GP, dentist, and pharmacist about the medicines you take.



People with learning disabilities are good at going to the dentist. We want to find out more about the types of treatment they are offered by their dentist.

## What does this mean?



Oral health problems such as gum disease and tooth decay, can be prevented.



Personalised care and support in good oral health would help people with learning disabilities.



Find out more at [www.sldo.ac.uk](http://www.sldo.ac.uk)