



200,000 to 300,000 Canadian Adults +
Children over 2 years are at high risk

△ pneumonia

Soffee and her parents did not understand the link between poor oral health and pneumonia. Soffee didn't brush her teeth daily nor did she floss. Her parents thought that wasn't necessary until she lost her baby teeth. That all changed when Soffee ended up in the hospital.

Children and the elderly present as the most at-risk groups for pneumonia. Good oral hygiene is essential for the development of strong, healthy teeth and to minimize the risk of infection in children. The World Health Organization has issued bulletins warning about the need to prevent the world's biggest killer of children – pneumonia. One prevention tool is good oral hygiene.

Soffee met other children in the hospital with pneumonia. Some of them developed pneumonia as a result of the use of tubes used to help feed them and suction them as they coped with other health conditions. Like Soffee, they were in the pediatric ward. Their parents were being taught that from the time “baby teeth” erupt it can take up to two years

to develop surface minerals that protect against tooth decay. They learned about the early role saliva plays in protecting children's teeth. And the fact that 70-80% of plaque is made up of bacteria.

A diseased oral cavity – including gums and teeth – are a source of pathogens. Tooth surfaces, particularly those with cavities and plaque provide a warm, moist environment for bacteria to live and multiply. Pneumonia is caused when bacteria in the mouth due to poor oral care can be breathed into the lungs or plaque dislodges and is absorbed into the blood system to the lungs. This is dangerous whether you're 5 years old like Soffee, or 85 years old like many elderly in nursing homes who can die from aspiration pneumonia.

Soffee is now seeing her dental hygienist every six months for a check up. She brushes her teeth at least twice a day. Her mom has learned how to help her floss her teeth.

Soffee's mouth tells a new story now.