How to print this trifold on a home desktop printer using Acrobat Reader

 If you do not have Reader, you can download the free app here: https://get.adobe.com/reader/

Open the brochure in Acrobat. If Adobe Acrobat is your computer's default document reader, simply double-click the brochure; otherwise, view step 1 & 2 below:

1. Windows - Right-click the brochure, select Open with, and click Adobe Acrobat in the menu.

2. Mac - Click the PDF, click File, select Open With, and click Adobe Acrobat or Acrobat in the menu.

3. Click File. It's either in the top-left corner of the Acrobat window (Windows) or in the top-left corner of the screen (Mac). A drop-down menu will appear.

4. Click Print. You'll find this option in the drop-down menu. This will prompt the "Print" window to open.

5. Select a printer. Click the "Printer" drop-down box at the top of the window, then click a printer in the drop-down menu.

6. Check the "Pages" box. It's near the top of the Acrobat Print page.

7. Make sure that the "Pages" box has a 2 in it. This will prompt the printer to print the second page in this file (first page of the brochure) but not the last page.

8. Check the "Landscape" box. It's on the left side of the page. Doing so orients your brochure sideways so that the whole piece of paper is used.

9. Make sure the "Page sizing & handling" is set to "Actual Size"

10. Click Print

11. Reinsert the paper. Depending on your printer, this may be face-up. Some trial/error may need to take place

12. Click File, click Print, and make sure that your settings are the same.

13. Change the "Pages" number to 3. This will ignore the second page (which you already printed) and print only the last page of the brochure.

14. Click Print.

Adding a logo (or removing add logo button)

1. To add a logo (include contact information) to your document, click the "Click here to add your logo (png, jpg, or gif only)"

2. You may only use png, jpg, or gif files

3. Click the "Browse" button

4. OR Click "Clear" if you don't want any image to appear here

5. Choose your image and click "select"

6. Add business phone number below

Folding the brochure

Follow the directions in the image below to fold the brochure.

If the brochure doesn't print properly, try inserting the paper in different directions until the second page of the brochure prints properly.

Good Oral Health is Important at Every Stage of Life

The need for good oral health continues as a person ages, becomes chronically ill or moves to a long-term care residence.

Many older adults, especially those who rely on others for care, have poor oral hygiene and high rates of oral disease.

Oral diseases can cause pain, discomfort, difficulties chewing and swallowing, and are also associated with heart and lung diseases, diabetes, and stroke.

Professional dental hygiene services, coupled with good daily oral hygiene habits, can reduce the risk of these health complications.

THE CANADIAN DENTAL HYGIENISTS ASSOCIATION
CDHA ACHD
L'ASSOCIATION CANADIENNE DES HYGIÉNISTES DENTAIRES

Phone:

Brought to you by

THE CANADIAN DENTAL HYGIENISTS ASSOCIATION
CDHA ACHD
L'ASSOCIATION CANADIENNE DES HYGIÉNISTES DENTAIRES

For more information, visit
www.dentalhygienecanada.ca/seniors

Dental Hygiene Services in Long-Term Care

Registered Dental Hygienists Monitor Oral Health at Every Visit

A registered dental hygienist will:

- complete a comprehensive medical health review and an oral health assessment
- ensure that every client has a clear oral care plan that includes daily personal care
- develop a treatment plan based on individualized needs
- explain treatment options to the client or substitute decision maker
- report oral health concerns promptly

Dental hygiene procedures include:

- removal of plaque biofilm and calculus
- fluoride treatments
- selective polish
- cavity control using silver diamine fluoride (SDF) or temporary restorations
- denture care
- radiographs

A registered dental hygienist can train care providers to perform oral hygiene care effectively and easily.

Daily Oral Care Is Essential for People With and Without Teeth

Daily oral care removes food debris and bacteria that grow every day on gums, lips, dentures, and teeth, helping to prevent oral diseases.

Signs of a dental problem:

- Red or bleeding gums
- Bad breath
- Loose, broken or discoloured teeth
- Ill-fitting, broken or chipped dentures
- Mouth pain or sores that do not heal
- Difficulty eating
- Changes in behaviour

All Older Adults Should Enjoy the Benefits of Good Oral Health

- Increased comfort, quality of life, and self-confidence
- Freedom from pain
- Ability to enjoy a healthy, well-rounded diet
- Better control of diabetes
- Decreased risk of aspiration pneumonia
- Reduced frequency and severity of rheumatoid arthritis flare-ups
- Better overall health

Schedule a professional dental hygiene care appointment today!