

HOW TO PROTECT YOUR MOUTH as you get older

DID YOU KNOW THAT ORAL HEALTH IS KEY TO AGEING WELL?

Though dental challenges may increase with age, preventive care helps you enjoy a healthy, happy life as you get older.

ADOPT GOOD ORAL HYGIENE HABITS

Most oral diseases are preventable; therefore, pain and infections can be avoided by brushing twice a day with fluoride toothpaste and cleaning between the teeth. Additionally, it is essential to clean removable dentures daily.



REDUCE THE RISK OF FALLS

If a tooth becomes loose, or if a denture no longer fits properly, go to the dentist as soon as possible. The jaw contributes to balance.



ENJOY HEALTHY AND DIVERSE FOODS

Prepare well-balanced meals and avoid eating snacks, particularly those rich in sugar, between meals. Limit sweet treats to the end of the meal.



AVOID DRY MOUTH

Chew sugar-free gum, suck sugar-free hard candies, drink water with meals, drink small amounts of water regularly throughout the day, use alcohol-free mouth rinse, and use a lip balm to soothe cracked or dry lips.

