

Tooth wisdom throughout the years

As the saying goes, with age comes wisdom. So as you grow older each year, keep in mind that living a healthy, active life is always possible when your oral and overall health are in check. Many studies have shown that oral health is related in more ways than one to overall health.¹ That's why it's not only important to take care of your teeth in your early years, but especially as you grow older.

Teeth often need more attention as we age. Even though some studies show adults are keeping more of their natural permanent teeth as they grow older, tooth loss due to periodontal (gum) disease and tooth decay remains an issue. In fact, approximately 23% of 65- to 74-year-olds have severe cases of gum disease.²

The risk and severity of gum disease increase with age primarily due to the onset of other health issues and medications taken later in life. More than 400 medications can cause dry mouth, limiting anti-bacterial properties in saliva that fight tooth decay. Other health problems like Alzheimer's disease can also lead to difficulty in personal care and hygiene.²

Good oral health habits and regular dental visits can help protect your teeth throughout the years.

Did you know?

Nearly one-third of adults age 65 and older have untreated tooth decay.¹



Quick bites

Oral health care in the later years:

- Visit your dentist on a regular basis even if you have dentures.
- Drink fluoridated water and brush with fluoridated toothpaste twice each day.
- Don't forget to floss each day.
- Limit alcohol and avoid tobacco use to reduce your risk of oral health problems.
- Ask a family member or caregiver to help you stay on track with your daily oral hygiene.
- Talk to your dentist if you notice any changes or abnormalities in your oral health, like dry mouth.



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