



THE MIDDLE AGES

Taking preventive measures in your 40s, 50s and 60s can have a big impact on good oral health into your golden years.

Do remember to take care of yourself even when you're busy taking care of others.



Do be aware of your oral cancer risk and get regular screenings.



Do know that people with diabetes or heart disease are more likely to have gum disease.



Don't forget that you need extra calcium to keep your teeth and bones strong.



Don't stand for stains if they undermine your self-confidence.

