



ENJOYING SENIOR STATUS

Oral health tips for seniors: An increase in age doesn't have to mean a decrease in oral health.

Do continue to brush twice a day and floss daily.
Do increase calcium intake to maintain good bone health.



Do discuss your options if you need to replace teeth.



Do continue regular dental appointments.



Do get screened for oral cancer and other dental diseases.



Don't assume that dry mouth or tooth loss is a natural part of aging — and know there are many ways to remedy these problems.

