

HOW TO PROTECT YOUR MOUTH AS YOU GET OLDER

DID YOU KNOW CHANGES THAT BEGIN AS WE BECOME OLDER CAN HAVE ALL SORTS OF EFFECTS ON ORAL AND OVERALL HEALTH?

UNDERSTANDING THE RISKS AND TAKING PREVENTIVE ACTION WILL HELP YOU STAY HEALTHY AND MAINTAIN YOUR QUALITY OF LIFE.



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



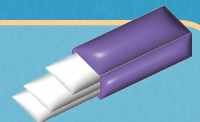
If a tooth becomes loose, or if a denture no longer fits properly, go to the dentist as soon as possible. The jaw contributes to balance.

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.



World Oral
Health Day
20 March

worldoralhealthday.org

