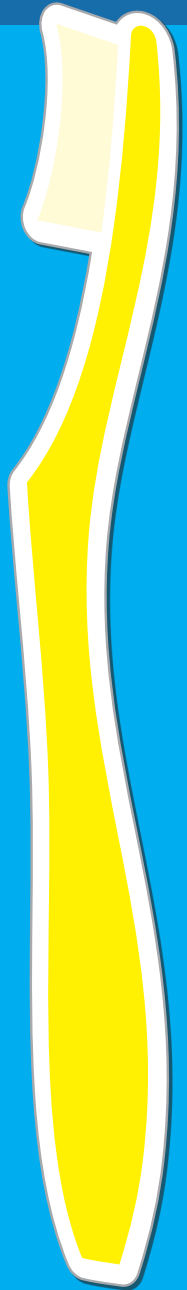**DELTA DENTAL**
FOUNDATION

Tooth Wisdom

It's important to take care of our teeth at every age, but especially as we grow older. Medications, medical conditions, and lack of daily brushing and flossing can all affect what goes on inside your mouth. Understanding the importance of oral health will help protect your smile throughout the years.

Be wise about your oral health.

- **Maintain a regular oral health routine.** Older teeth are more susceptible to decay, especially around old fillings and the gum line. You should brush twice daily, floss at least once daily, and visit your dentist for regular cleanings and exams.

- **Take care of your dentures.** Your dentures will fit better and last longer if you take proper care of them. You should brush your dentures at least daily, remove and rinse them after eating, soak them overnight, and rinse them before putting them back in your mouth.

- **Understand your risks.** Medications and medical conditions can affect your oral health. More than 400 medications can cause dry mouth, which prevents saliva from protecting your mouth against bacteria and decay. Furthermore, those who suffer from Alzheimer's disease may forget how to brush their teeth, and people who have osteoporosis may notice loose teeth from decreased bone density.

- **Watch out for gum disease.** Untreated gum disease causes damage to the gums and jawbone, which can lead to receding gums, loose teeth and even tooth loss. Gum disease is linked to other health issues like heart disease, diabetes and respiratory problems. Poor dental hygiene, tobacco use, bad diet choices and medical conditions can increase the severity of gum disease.

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