ORAL HEALTH KANSAS
ADVOCACY • PUBLIC AWARENESS • EDUCATION

TIPS AND TRICKS SERIES

Aging and Your Mouth: What's Normal and What's Not

Your mouth changes as you get older, but many dental problems are not a normal part of aging.

Changes you may notice as you age:

- Gums may pull away from teeth, exposing the roots and causing sensitivity. This can happen for several reasons, including gum disease or brushing too hard.
- Teeth may look more yellow or darker and show signs of wear over time.
- Your sense of taste may change, especially with some medicines or health conditions.
- Your mouth may feel drier. Medicines are a common cause of dry mouth in older adults.

Don't blame these on getting older:

Talk with your dental team if you notice:

- Gums that bleed, hurt or stay swollen
- A tooth that becomes loose
- New or ongoing tooth or mouth pain
- Trouble chewing or swallowing
- A sore, lump, or red or white patch that lasts longer than 2 weeks
- A change in the way your teeth or dentures fit together

The good news:

You can keep your natural teeth for a lifetime. Daily care, fluoride and regular dental visits can help keep your mouth healthy as you age.



Did you know?

Cavities and gum disease are not a normal part of aging. Many oral health problems can be prevented or treated.

More Healthy Aging Tips & Tricks:

- Dry Mouth: More Than Just Uncomfortable
- Dentures: A Healthy Mouth Still Matters
- Your Smile Can Last a Lifetime