ORAL HEALTH KANSAS
ADVOCACY • PUBLIC AWARENESS • EDUCATION

TIPS AND TRICKS SERIES

Your Smile Can Last a Lifetime

Aging can bring new challenges, but healthy habits can help you keep your teeth and mouth healthy for life.

Care for your teeth and gums:

- Brush your teeth twice a day with fluoride toothpaste and gently brush your tongue.
- Clean between your teeth every day.
- Gently brush along the gumline and exposed tooth roots.

Pay attention to dry mouth:

- Many medicines can reduce saliva and increase your risk for cavities.
- Sip water throughout the day to help keep your mouth moist.
- Tell your dental team if your mouth often feels dry.

Make healthy choices:

- Choose nutritious foods and limit how often you have sugary foods and drinks.
- Avoid tobacco.

Make daily care work for you:

Changes in strength, movement or vision can make daily mouth care harder. Different toothbrushes, handles and other tools can help.
Need more ideas? Visit Pathways to Oral Health (pathwaystooralhealth.org) for tips and tools to make mouth care easier.

Keep up with dental visits:

Don't wait until something hurts. Regular dental care can find problems early and help you keep your mouth healthy.



Did you know?

It's never too late!
Healthy changes can make a difference at any age. Talk with your dental team about protecting your smile.

More Healthy Aging Tips & Tricks:

- Aging and Your Mouth: What's Normal and What's Not
- Dry Mouth: More Than Just Uncomfortable
- Dentures: A Healthy Mouth Still Matters