



## Seniors and Oral Health

Most of us realize that diet and exercise play an important part in keeping us healthy, particularly in our senior years. But did you know that your oral health is also an important

part of your general health and well-being? In fact, an increasing number of studies show a relationship between oral health and other health problems, such as diabetes, respiratory disease, heart disease and stroke. Since the risk for health problems increases with age, seniors should see their dentist regularly to keep a healthy mouth and to avoid serious oral health problems that may lead to or be a sign of serious health problems.

To maintain good oral health at any age, keep up a good oral hygiene routine, eat a well-balanced diet, check your gums, avoid smoking and see your dentist regularly.

If you have dental implants or wear dentures, your dentist will check to see if these are wearing out anywhere, if they are fitting well and being properly cleaned. If you take medicine that makes your mouth dry, or cause your gums to swell, your dentist needs to take a close look.