

# Taking Care of Your Teeth Later in Life

## Did You Know?

People with chronic diseases like arthritis, diabetes, heart diseases, and chronic obstructive pulmonary disease may be more likely to develop gum disease, but they are less likely to see a dentist than adults without these conditions.



## Taking Care of Your Teeth



Brush your teeth twice a day with a fluoride toothpaste. Be sure to use a soft bristle toothbrush with a small head in order to get to hard to reach areas.



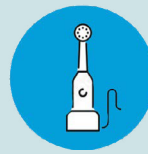
Get treatment for your lost or loose teeth (dentures, dental implants, etc.).



If you have dentures, remember to clean them with a denture cleanser (not toothpaste) after eating and to soak them every night in a cleansing solution.



Cancers of the mouth are typically found in older adults. Get your mouth and gums examined for cancers at least once a year through dental visits.



If you have trouble brushing due to arthritis or other issues, ask your dentist about assistive devices such as electric toothbrushes or toothettes.



Dry mouth is a natural part of aging, but can also be a side effect of many medications. Chew sugar-free gum or suck on sugar-free hard candies, limit caffeine, and sip water regularly. Your dentist may also recommend a dry mouth rinse or medication.



Drinking fluoridated water from the faucet helps prevent cavities. Bottled water does not contain fluoride.



It is never too late to quit smoking or using tobacco products.