Even though it can be hard to get young kids to slow down, it’s important to make time for oral hygiene. Starting good habits now will set the stage for a lifetime of healthy smiles.

**LIFE STAGES OF ORAL HEALTH**

**Ages 36-65**

**THE MIDDLE AGES**

Taking preventive measures in your 40s, 50s and 60s can have a big impact on good oral health into your golden years.

- Do remember to take care of yourself even when you’re busy taking care of others.
- Do be aware of your oral cancer risk and get regular screenings.
- Do know that people with diabetes or heart disease are more likely to have gum disease.
- Don’t forget that you need extra calcium to keep your teeth and bones strong.
- Don’t stand for stains if they undermine your self-confidence.

**DISCLAIMER:** This content is for general information and not a substitute for professional medical or dental advice, diagnosis or treatment or a guarantee or warranty, including insurance coverage or payment.