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**

**ENJOYING SENIOR STATUS**

Oral health tips for seniors: An increase in age doesn’t have to mean a decrease in oral health.

- **Do continue to brush twice a day and floss daily.**
- **Do increase calcium intake to maintain good bone health.**
- **Do discuss your options if you need to replace teeth.**
- **Do continue regular dental appointments.**
- **Do get screened for oral cancer and other dental diseases.**
- **Don’t assume that dry mouth or tooth loss is a natural part of aging — and know there are many ways to remedy these problems.**

**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.