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| MEET YOUR MOUTH |  |
| IT’S PART OF YOUR BODY |  |
| Your Mouth and The Golden Years |  |
| More Information |  |
| Older adults are more vulnerable to oral health problems like tooth decay, cavities, gum disease, and oral cancers. |  |
| After decades of eating and drinking, your teeth and its enamel break down and become weaker. |  |
| - 96% of adults aged 65+ have a cavity |  |
| - 20% have untreated tooth decay |  |
| - 68% have gum disease |  |
| These ailments are even more likely if you are an older adult who smokes. |  |
| Protect your teeth by going into the dentist twice a year, brushing every day with a fluoride toothpaste, flossing, using mouth wash, and alerting your dentist with any concerns you have about your teeth. |  |
| Oral health can become more strained with other health conditions, such as diabetes, chronic smoking, heart disease, and others. |  |
| Minnesota Oral Health Coalition |  |