Pay attention to your oral health and have a healthy mouth at any age!

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What Causes Tooth Decay?

Germs + high sugar foods = acid
Acid + time on the tooth = decay

Teeth can be kept healthy with daily brushing and flossing, healthy eating, using rinses and toothpaste with fluoride, and drinking fluoridated water.

Be sure to schedule regular visits with your dentist.

For more information, or help finding a dental provider, call 1-888-4ELDERS or visit www.seniorsoralhealth.org
What’s the Secret for Healthy Teeth?

WORD BANK...

FIND THE FOLLOWING WORDS AND CROSS THEM OUT TO REVEAL A SECRET MESSAGE...

CAVITY
TONGUE
FLOSS
TOOTHBRUSH
TOOTHPASTE
TEETH
RINSE
GUM
PLAQUE