Healthy teeth and gums are important for good overall health at every age.

**Seniors’ Oral Health**

**10 steps for a healthy mouth**

1. Brush twice daily with fluoride toothpaste
2. Use floss or toothpicks
3. Limit the frequency of starchy snacks, sugared candy or cough drops, and sugary drinks
4. Get regular dental checkups, even if you have dentures
5. Manage dry mouth in healthy ways
6. If you have diabetes, pay extra attention to your oral health
7. Ask your dentist or doctor about extra fluoride
8. Check your mouth regularly for sores
9. Don’t use tobacco
10. Drink fluoridated water

Healthy teeth and gums are important for good overall health at every age.

For more information, or help finding a dental provider, call 1-888-4ELDERS or visit www.seniorsoralhealth.org

Adapted, with permission, from the Whatcom County Oral Health Coalition brochure, “10 Simple Ways to Promote Senior Smiles.”