



The Mighty Mouth Minute

As you plan for healthy aging keep in mind you're not healthy without a healthy mouth. And remember, **basic Medicare does not cover dental care.**

Oral health is an important part of healthy aging, so be sure to have a plan. Oral disease is linked to serious health conditions including diabetes, heart disease, and stroke. Good oral health is especially important if you have diabetes or take daily medications.

Diabetes

If you have diabetes you are twice as likely to develop gum disease, and gum disease makes it harder to control blood sugar. Gum disease also can lead to tooth loss and bad breath. Be sure to tell your dentist if you have diabetes.

Medications

Many prescription and over-the-counter medications can cause dry mouth, a condition that can lead to root cavities and tooth loss. Dry mouth can make it hard to chew, swallow, and even speak. Be sure to talk with your health care providers and pharmacist about low-cost remedies to treat dry mouth.

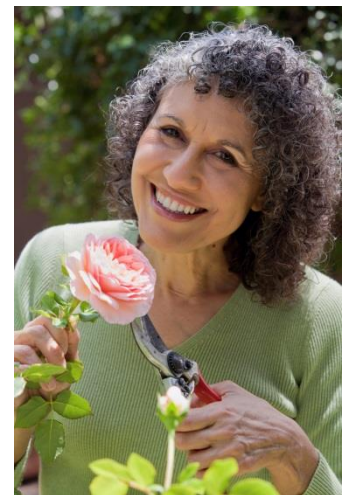
Here are some tips to protect your oral, and overall, health.

Keep your mouth clean and healthy:

- Brush twice daily with fluoride toothpaste
- Floss every day
- Use a mouth rinse with fluoride
- Drink fluoridated water instead of sugary drinks

Eat a well-balanced diet: Choose healthy snacks:

- Low-fat cheese
- Fresh fruit
- Vegetables
- Nuts



Get regular dental checkups – your quality of life will be better with a healthy mouth!

**Unleash the power of oral health!
To learn more, visit SeniorsOralHealth.org**