

Osteoporosis and Your Mouth

Changes in your dental health can indicate bone loss



Did you know that 1 in 3 women and 1 in 5 men over 50 suffer fractures due to osteoporosis? Luckily, keeping an eye on your oral health can help you identify and lower your risk.

Are you at risk?

- **Women** make up 80% of Americans with osteoporosis, according to the National Osteoporosis Foundation. Women start with lower bone density than men and lose bone mass more rapidly as they age.
- **After age 30**, adults' bone mass starts to decrease.
- **Menopause** increases the likelihood of osteoporosis in women, due to a drop in estrogen levels.
- **Size.** People with small and thin body types are at a greater risk of osteoporosis than those with larger frames.
- **Anorexia**, including a history of the eating disorder, is linked to low bone density and increased chance of fractures.

Keep reading to find out how to protect yourself



Recognize the signs

Prevent a fracture by identifying osteoporosis early on. Look for these signs:

- **Bone loss** in the jaw. This may indicate bone loss throughout your body.
- **Tooth loss.** Losing teeth can be due to low bone mineral density.
- **Ill-fitting dentures.** Osteoporosis causes significant change in the bone, requiring denture wearers to be refit more frequently.

Lower your risk

- Up your calcium intake by eating lots of dairy products and leafy green vegetables.
- Take supplemental calcium.
- Add vitamin D to your diet through salmon, tuna and vitamin D-fortified milk and juices.
- Do weight-bearing exercise.
- Quit tobacco.
- Cut down your caffeine and alcohol intake.



SmileWay[®] Wellness Program

Visit mysmileway.com — a one-stop-shop for oral health-related tools and tips, including interactive quizzes, a risk assessment tool and a subscription to *Grin!*, our free oral wellness e-magazine.

Our Delta Dental enterprise includes these companies in these states: Delta Dental of California — CA, Delta Dental of the District of Columbia — DC, Delta Dental of Pennsylvania — PA & MD, Delta Dental of West Virginia, Inc. — WV, Delta Dental of Delaware, Inc. — DE, Delta Dental of New York, Inc. — NY, Delta Dental Insurance Company — AL, DC, FL, GA, LA, MS, MT, NV, TX and UT.

Delta Dental of California, Delta Dental of New York, Delta Dental of Pennsylvania, Delta Dental Insurance Company and our affiliated companies form one of the nation's largest dental benefits delivery systems, covering 34.5 million enrollees. All of our companies are members, or affiliates of members, of the Delta Dental Plans Association, a network of 39 Delta Dental companies that together provide dental coverage to 73 million people in the U.S.