DELTA DENTAL®

Protect your oral health

Know what to watch for and how to lower risk as you age.



Stay on top of your dental health with proper hygiene and regular visits to the dentist.

Gum disease

Likelihood increases after age 30

- Infection of the gum tissue that may not cause pain at first
- Can lead to tooth loss if not treated
- Regular brushing, flossing and dental visits can help prevent gum disease

Oral cancer

Likelihood increases after age 40

- Linked to tobacco use
- Can be fatal if not caught in time
- Oral cancer screenings are part of routine dental exams

Dry mouth (not having enough saliva)

Likelihood increases dramatically by age 50

- Increases risk of cavities and bad breath
- Often caused by many common medications
- Talk with your dentist or doctor if you notice persistent dry mouth

Limited dentist access

Frequency of dental visits drops after age 64

- Regular cleanings and exams can help catch problems before they get worse

Poor oral hygiene

Difficulty brushing and flossing is linked to arthritis, which affects half of all Americans by age 65.

- Consider toothbrushes with modified handles and easy-to-use floss holders

Scan the code or visit **www1.deltadentalins.com/wellness.html** for more health tips.

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