



Dental Health - Fifty Plus Health

Maintaining good oral health is important to everyone. An infection in your mouth or teeth can spread and make your entire body ill. These tips can help keep your mouth and teeth healthy:

Everyday Tips

- Brush your teeth two times a day and floss one time a day.
- Rinse your mouth frequently, especially after meals.
- Eat a well-balanced diet, limiting sugars and sweets.
- Drink plenty of water, approximately four, 8 ounce glasses per day.
- Use an electric toothbrush to help aid in brushing.

Denture Care

- Soak dentures and partials in warm water and/or denture cleaner daily.
- Brush your dentures and/or partials daily.
- Remove dentures at night to let your gum tissue breathe.

Professional Care

- Schedule regular six months or yearly dental appointments, whether you have natural teeth or dentures.
- See your dentist if you have any pain in your mouth.
- Talk to your doctor if your medication causes dry mouth.