

Healthy People • Dental

GOOD ORAL HEALTH FOR ADULTS

You can keep your teeth for your lifetime. Here are some things you can do to maintain a healthy mouth and strong teeth.

- 1 Drink fluoridated water and brush with fluoride toothpaste.
- 2 Practice good oral hygiene. Brush teeth thoroughly twice a day and floss daily between the teeth to remove dental plaque.
- 3 Visit your dentist at least once a year, even if you have no natural teeth or have dentures.
- 4 Do not use any tobacco products. If you smoke, quit.
- 5 If you have diabetes, work to maintain control of the disease. This will decrease risk for other complications, including gum disease. Treating gum disease may help lower your blood sugar level.
- 6 Limit alcoholic drinks.
- 7 If your medication causes dry mouth, ask your doctor for a different medication that may not cause this condition. If dry mouth cannot be avoided, drink plenty of water, chew sugarless gum, and avoid tobacco products and alcohol.
- 8 See your doctor or a dentist if you have sudden changes in taste and smell.
- 9 When acting as a caregiver, help older individuals brush and floss their teeth if they are not able to perform these activities independently.

