LIFE STAGES OF ORAL HEALTH

THE MIDDLE AGES
Taking a few preventive measures in your 40s and 50s can have a big impact on good oral health into your golden years.

GET SCREENED FOR ORAL CANCER REGULARLY. PEOPLE AT HIGHER RISK FOR ORAL CANCER INCLUDE:

- Smokers
- Those who consume excessive amounts of alcohol
- Anyone who has been overexposed to the sun
- People ages 35 and older

HELP PREVENT BONE LOSS WITH WEIGHT-BEARING EXERCISE AND CALCIUM-RICH FOODS.

PEOPLE WITH DIABETES OR HEART DISEASE are more likely to have gum disease, so it’s important to maintain good overall health as well.

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