MEET YOUR MOUTH It's part of your body





Your Mouth and The Golden Years

Older adults are more vulnerable to oral health problems like tooth decay, cavities, gum disease, and oral cancers. After decades of eating and drinking, your teeth and its enamel break down and become weaker.

> - 96% of adults aged 65+ have a cavity - 20% have untreated tooth decay - 68% have gum disease

More Information



These ailments are even more likely if you are an older adult who smokes. Protect your teeth by going into the dentist twice a year, brushing every day with a fluoride toothpaste, flossing, using mouth wash, and alerting your dentist with any concerns you have about your teeth.

Oral health can become more strained with other health conditions, such as diabetes, chronic smoking, heart disease, and others.

Minnesota Oral Health Coalition