

THE CHATTER

Oral Health Advice from Delta Dental of Arkansas



Keeping Natural Teeth for Life

Although dentists are able to create highly realistic tooth replacements, like crowns, dentures and implants, you shouldn't plan on needing them. With proper oral care at every life stage, it's possible to keep your natural teeth throughout your entire life.

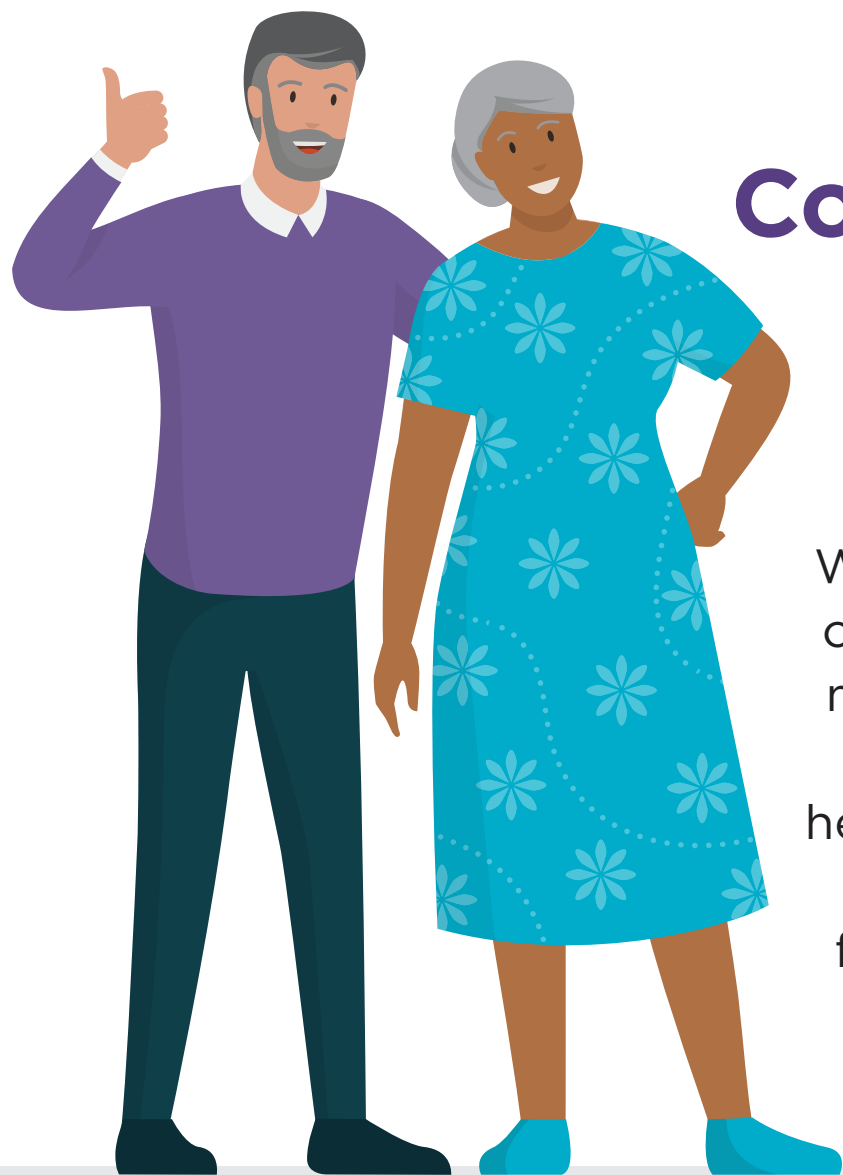
Good Oral Health Habits Start Early



You've heard us say how important it is to get young children started with good oral health habits as soon as possible. Brushing, flossing, and regular cleanings and exams are still the best line of defense against tooth decay, gum disease and other elements of oral disease - for everyone at every age.

Good oral health is built and maintained over a lifetime through small choices, so make sure you're **brushing twice daily for two minutes, flossing once daily, and visiting your dentist** regularly. These easy steps will help your natural teeth stay healthy and in place!

Brush twice a day for two minutes



Special Considerations for Older Adults

While maintaining good oral health habits is the most important part of keeping natural teeth healthy at any age, there are some additional factors to consider for older adults.



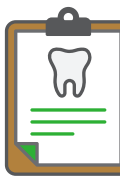
Pass on acidic foods, which weaken enamel and increase the chances for decay. These include citrus fruits, tomato products, coffee and alcohol. Enjoy these with meals and water to help remove acids from teeth quickly.



Reduce sugar consumption, which feeds the bacteria in your mouth and increases plaque production.



Watch out for dry mouth. Many medications prescribed to older adults can reduce saliva production, which is important for washing away food debris in the mouth.



Don't skip your oral care routine! Reduced mobility and cognitive function can make oral care challenging for older adults. Help the seniors in your life keep up with regular brushing and flossing.



Close Medicare's Dental Coverage Gap

While Medicare plans offer comprehensive health coverage to seniors over age 65, they lack crucial dental coverage. Delta Dental of Arkansas offers Medicare Advantage Plans to help cover dental care expenses. Make sure the seniors in your life are covered!

[LEARN MORE](#)

Dental experts agree that oral hygiene starts in the home.

As a parent, if you brush and floss daily, your children will learn this healthy habit to make their teeth last a lifetime from you.



You may also want to show them our series of short, animated videos for young learners.

Discuss with your kids brushing and flossing know-how, why baby teeth are essential, how sealants work, what to expect at the dentist, and more.



It's back-to-school time!

Have you scheduled a back-to-school dentist appointment for your children yet, especially if they haven't seen the dentist in more than 6 months?



Find out why now is a perfect time for a professional cleaning and oral health exam.



Dry mouth is the most commonly reported side-effect of prescription drugs, especially for older adults.

But it's not the only one. A burning sensation, distortion of taste and swollen gums can also be caused by medication.



Read more here to recognize the symptoms and how to treat them.

