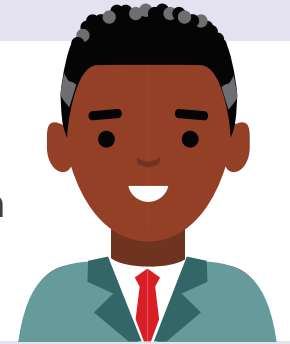


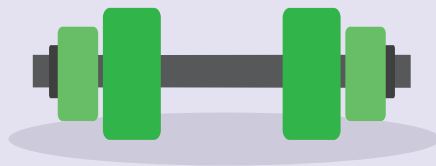


MIDLIFE MATTERS

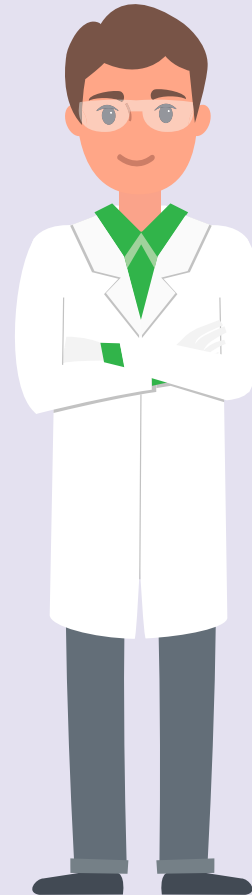
Taking a few preventive measures in your 40s and 50s can help you have good dental health into your golden years.



Help prevent bone loss with calcium-rich foods and weight-bearing exercise



Get screened for oral cancer regularly.



People at higher risk for oral cancer include:



Smokers

People ages 35 and older

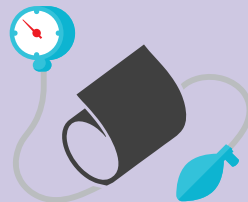


Those who drink large amounts of alcohol

Anyone who has been overexposed to the sun



People with diabetes or heart disease



are more likely to have gum disease, so it's important to maintain good overall health as well.

 **DELTA DENTAL**

ArkansasFoundation