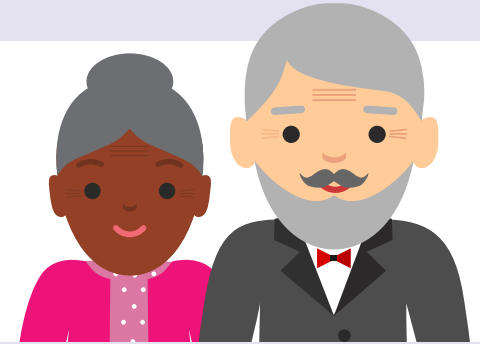




THE GOLDEN YEARS

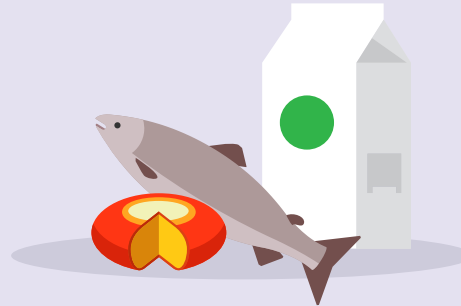
An increase in age doesn't have to mean a decrease in dental health.



Older adults are enjoying good dental health longer than ever by:



Getting regular oral cancer screenings and conducting monthly self-checks.



Getting plenty of calcium from foods like milk, cheese, leafy greens and salmon to help keep bones strong.

Don't ignore dry mouth. Know the causes.



Tobacco and alcohol



Certain medications



Dehydration



Some medical conditions



Acidic foods

Tooth replacements have come a long way.



Partial dentures
if several teeth in a row need replaced



Full dentures
when all or most natural teeth are gone



Overdentures
use the roots of remaining natural teeth



Dental implants
stay in place better than dentures do

Check your Beneficiary Handbook for details on what services are covered by Delta Dental Smiles.



ArkansasFoundation