

# HOW TO PROTECT YOUR MOUTH as you get older

**DID YOU KNOW THAT AGEING CAN IMPACT YOUR ORAL HEALTH,  
WHICH IN TURN CAN AFFECT YOUR OVERALL WELL-BEING?**

Understanding these changes and taking preventive steps can help you stay healthy, happy, and maintain your quality of life.



## ADOPT GOOD ORAL HYGIENE HABITS



Most oral diseases are preventable; therefore, pain and infections can be avoided by brushing twice a day with fluoride toothpaste and cleaning between the teeth. Additionally, it is essential to clean removable dentures daily.

## REDUCE THE RISK OF FALLS



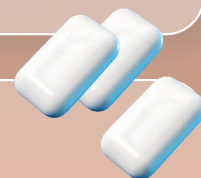
If a tooth becomes loose, or if a denture no longer fits properly, go to the dentist as soon as possible. The jaw contributes to balance.

## ENJOY HEALTHY AND DIVERSE FOODS



Prepare well-balanced meals and avoid eating snacks, particularly those rich in sugar, between meals. Limit sweet treats to the end of the meal.

## AVOID DRY MOUTH



Chew sugar-free gum, suck sugar-free hard candies, drink water with meals, drink small amounts of water regularly throughout the day, use alcohol-free mouth rinse, and use a lip balm to soothe cracked or dry lips.



**World Oral  
Health Day**  
20 March

[worldoralhealthday.org](http://worldoralhealthday.org)

#WOHD25

#HappyMouth



**fdi**  
FDI World Dental Federation