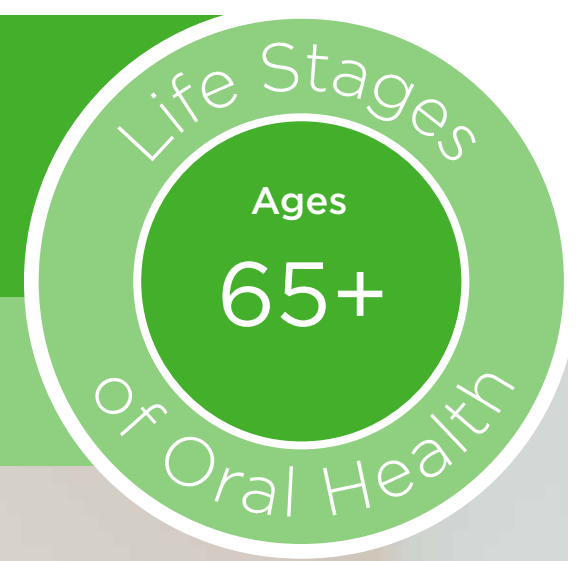




The Golden Years



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



- Do** continue to brush twice a day and floss daily.
- Do** increase calcium intake to maintain good bone health.
- Do** discuss your options if you need to replace teeth.
- Do** continue regular dental appointments.
- Do** get screened for oral cancer and other dental diseases.
- Don't** assume that dry mouth or tooth loss is a natural part of aging - and know there are many ways to remedy these problems.