



# Healthy Smile Healthy Body

65 Years and Over

Your pharmacist can help you understand which medications may cause dry mouth.



## Teeth for a Lifetime

Older adults can help keep their teeth longer by continuing healthy habits such as daily toothbrushing, flossing, and avoiding sugary foods and drinks. Older adults should be screened for gum disease which often has few symptoms but can lead to tooth and bone loss.



## Oral Health and Nutrition

Oral health problems such as pain and missing teeth can limit your ability to eat nutritious foods such as whole fruits and vegetables. If you have difficulty chewing, be sure to discuss these issues with your dentist and primary care doctor.



## Medications and Oral Health

Many medications can cause dry mouth. Dry mouth can increase the risk of cavities and gum disease. Drinking or sipping water throughout the day can help reduce dry mouth. Be sure to talk with your dentist about the medications you take.



## Adapt to Changes in Daily Brushing

Loss of dexterity or conditions such as arthritis can limit your ability to thoroughly brush teeth. Electric toothbrushes or toothbrushes with thicker handles or non-slip grips can make daily brushing easier and more effective.

## Denture Care Tips!

Dentures should always be stored in liquid when not in the mouth. Dentures should only be cleaned with denture-safe cleaner; toothpaste can damage the resin used to create the denture.

Dentures should always be removed at night to avoid fungal growth.

Dentures may need to be adjusted over time. Your dentist can advise on proper fit and care.

Arkansas Department of Health  
Office of Oral Health

[www.healthy.arkansas.gov](http://www.healthy.arkansas.gov)

