



# Oral Health

It is important to maintain good oral health to prevent issues with your overall health.

The mouth is the perfect environment for bacteria to grow, which can lead to tooth decay and periodontal (gum) disease.

## What tools do you need for good oral health?

### **Toothbrush**

(*powered toothbrush preferred*) with soft bristles. Replace it every 3 months.

### **Toothpaste**

Use a toothpaste with fluoride.

**Floss** (*i.e. floss, interdental brush, water flosser*) Use floss or floss aid to remove bacteria that gets below the gum line and on the sides of teeth.

### **Mouth Rinse**

Use an alcohol-free mouth rinse.

# Oral Health Tips

- Brush at least twice a day for two minutes.
- Floss between your teeth once a day.
- Brush your tongue (many bacteria reside on the tongue).
- Use a mouth rinse once a day after brushing and flossing.
- Avoid frequent snacking on sugary foods/drinks.
- Sip on water or use products to promote saliva production (*i.e. saliva substitute, chew gum with xylitol*) to avoid dry mouth, which can lead to tooth decay.
- Avoid tobacco products.
- Visit a dentist twice a year.

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## Connect with us

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*The AGEC is funded by the Health Resources and Services Administration's Geriatric Workforce Enhancement Program under grant #U1QHP28723.*

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