

# Keep a Bright Smile!



**Visit the dentist every 6-12 months, even if you have dentures.**



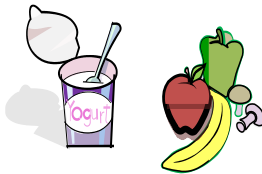
**Brush 2 times a day.** Use a pea-sized amount of **fluoride** toothpaste.



**Use floss or toothpicks at least once a day.**



**A dry mouth can make it hard to chew, swallow, and talk.**  
Sip water often.



**Eat healthy food**

- fresh fruits
- vegetables
- whole grains
- dairy
- lean proteins.



**Check your mouth for sores.**

If a bump, lump, or sore does not heal within 2 weeks, talk to your dentist or doctor.



**Clean dentures** each morning, at night and after each meal.  
**Replace poor fitting dentures.**



**Gum problems** can make high blood pressure, heart disease, or diabetes even worse.

Keep brushing, flossing, and visiting the dentist!



**Choose tap water** instead of drinks with added sugar.



[www.Dental.ACPHD.org](http://www.Dental.ACPHD.org)

References: Centers for Disease Control and Prevention  
Adapted from CAMBRA- CDA Journal Oct/Nov. 2007  
ACPHD Office of Dental Health, 05 21, Keep a Bright Smile! For Older Adults