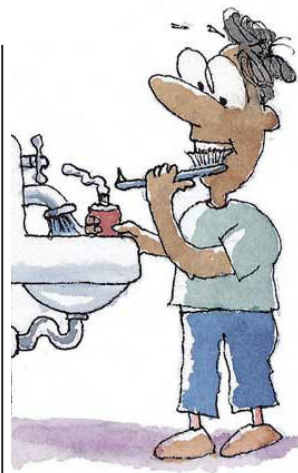




## **Taking Care of Your Mouth and Teeth as You Age**

It is easy to forget that your mouth and teeth are aging right along with the rest of your body.

Taking care of your mouth and teeth is very important for seniors. Your teeth can get cavities throughout your life. So brushing your teeth regularly is always important.



Visit your dentist regularly

Brush your teeth at least twice a day

Eat a healthy diet



Use lip cream to protect your lips on sunny days

