



THE MIDDLE AGES

Taking a few preventive measures in your 40s and 50s can have a big impact on good oral health into your golden years.

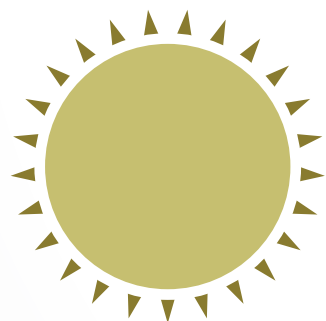
GET SCREENED FOR ORAL CANCER REGULARLY. PEOPLE AT HIGHER RISK FOR ORAL CANCER INCLUDE:



Smokers



Those who consume excessive amounts of alcohol

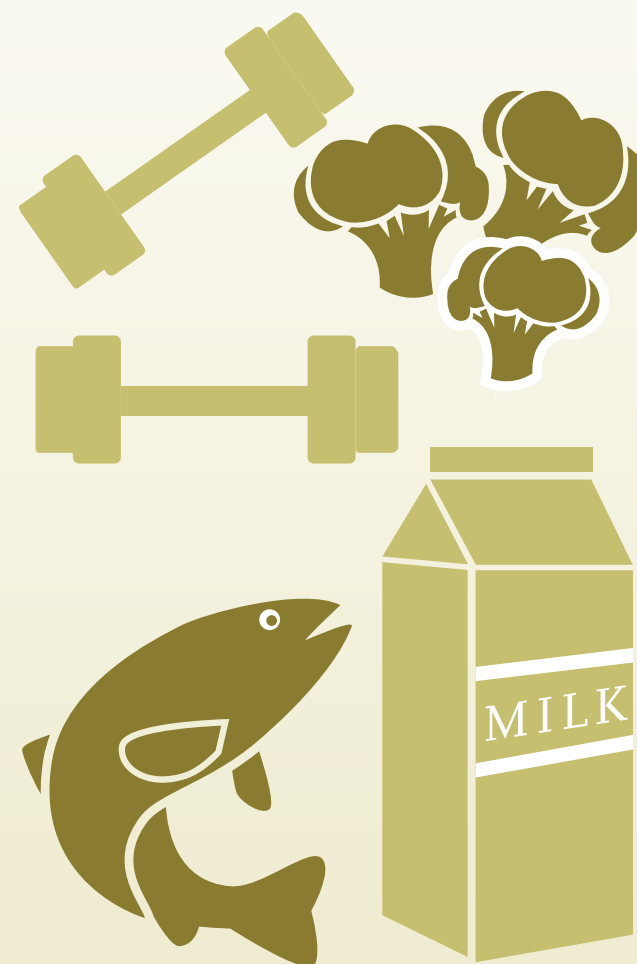


Anyone who has been overexposed to the sun

35+

People ages 35 and older

HELP PREVENT BONE LOSS WITH WEIGHT-BEARING EXERCISE AND CALCIUM-RICH FOODS.



PEOPLE WITH DIABETES OR HEART DISEASE are more likely to have gum disease, so it's important to maintain good overall health as well.