



# ORAL HEALTH CARE

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# ADULTS

Good oral hygiene is important throughout life. For more tips on oral healthcare for adults see the back of this card.



Health  
Department

# ORAL HEALTH TIPS

According to the CDC, Nearly half (46%) of all adults aged 30 years or older show signs of gum disease. Adults can get cavities and gum disease, leading to serious problems if oral health is ignored.

## THINGS TO CONSIDER

- Smoking increases your risk for gum disease and oral cancer. Quit smoking to reduce your risk.
- People with gum disease have two to three times the risk of having a heart attack, stroke, or other serious cardiovascular event.

## DENTAL CARE AND RESOURCES

- Use a soft bristled toothbrush.
- Eat fewer sugary snacks and drink fewer sugary drinks.
- Regular dental visits (twice a year) are just as important to adults as they are to children.
- Floss once a day before bed and rinse every night with an alcohol-free mouthwash.

Scan the code to help you find a dentist, low cost care, or insurance.

