DELTA DENTAL

Oral Health for All Life Stages

Life Stages of Oral Health: All Ages



No matter where you are in life, your oral health is important. Every stage presents different oral health needs. But there are things you can do – and not do – that will help keep your teeth and gums healthy.

Baby Basics

Ages 0-3

- **DO** clean your baby's gums and teeth from birth.
- **DON'T** wash a pacifier with your own mouth.
- **DON'T** give milk, juice or other sugary drinks at naptime or bedtime.

Kidding Around

Ages 4-12

- **DO** take your child to the orthodontist by age 7.
- **DO** discuss sealants with your dentist.
- **DON'T** ignore dental fears – try a few tricks to calm anxiety.

Teen Teeth

Ages 13-19

- **DO** buy sugar-free gum.
- **DO** make sure your teen wears a mouth guard while playing sports.
- **DON'T** approve a tongue or lip piercing.

Young Adult Care

Ages 20-35

- **DO** learn how to manage stress.
- **DO** be aware of oral health changes during pregnancy.
- **DON'T** smoke or excessively drink alcohol.

Midlife Matters

Ages 36-64

- **DO** take care of yourself when you're busy taking care of others.
- **DO** know that people with diabetes or heart disease are more likely to have gum disease.
- **DON'T** stand for stains if they undermine your self-confidence.

The Golden Years

Ages 65+

- **DO** discuss your options if you need to replace teeth.
- **DO** get screened for oral cancer and other dental diseases.
- **DON'T** assume that dry mouth or tooth loss is normal – there are remedies.

All Ages

- **DO** brush your teeth twice a day with fluoride toothpaste.
- **DO** floss between teeth once a day.
- **DO** visit the dentist twice a year for checkups.
- **DO** eat a healthy diet rich in calcium and avoid sugary drinks and snacks.