

Health & Wellness Tip of the Week

Week 15 April 9, 2018

Our mission is to promote health awareness and encourage healthy lifestyles.



BlueCross BlueShield
of Texas

Take wellness to heart

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Equal Opportunity Employer of Blue Cross and Blue Shield Association.

Tooth Wisdom: Aging and Oral Health

Think you can't keep all of your teeth as you age? Think again. Practicing good oral hygiene is the key to keeping your teeth for a lifetime. However, seniors are more at risk of getting a number of oral diseases. So consider the following facts and take action to protect your teeth.

- Periodontal (gum) disease risks go up with age, so be sure to brush your teeth at least twice a day, floss daily and visit your dentist.
- Men tend to have more severe periodontal disease than women.
- Cancers of the mouth and pharynx are seen more in the elderly.
- Seniors may have more new decay on tooth crowns and roots than children.
- Some prescription medicines may cause dry mouth and less saliva can lead to oral disease since saliva helps rebuild tooth enamel.

Whatever your age, be wise and pay attention to your oral health.

Source: U.S. Department of Health and Human Services

Human Resources Department
1201 E. 8th Street
Mission, Texas 78572

