

SEPTEMBER 26
HEALTHY AGING
AND ORAL HEALTH

PROTECTING YOUR
SMILE
THROUGHOUT LIFE



Welcome to the September 2026 issue of the CareGuard Oral Health Bulletin.

September is recognized as Healthy Aging Month, highlighting the importance of healthy lifestyle choices that support well-being throughout life.

Oral health plays an essential role in healthy aging. Healthy teeth and gums contribute to proper nutrition, clear speech, social confidence, and overall quality of life.

This month's bulletin provides practical, evidence-based recommendations to help adults maintain good oral health as they age.

WHY ORAL HEALTH MATTERS AS WE AGE

Growing older does not mean losing your natural teeth.

With good preventive care and healthy daily habits, many adults can maintain healthy smiles throughout their lives.

As people age, they may experience changes that affect oral health, including:

- Dry mouth caused by certain medications
- Increased risk of tooth decay
- Gum recession
- Greater tooth sensitivity
- Difficulty cleaning around dental restorations or appliances
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Understanding these changes can help individuals take steps to protect their oral health.



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HEALTHY HABITS FOR HEALTHY AGING

Daily prevention remains the best defense against oral disease.

- ✓ Brush twice daily with fluoride toothpaste.
- ✓ Floss or clean between teeth every day.
- ✓ Stay hydrated throughout the day.
- ✓ Eat a balanced diet rich in calcium and vitamins.
- ✓ Avoid tobacco products.
- ✓ Visit a dental professional regularly for preventive examinations and cleanings.

Healthy routines practiced consistently can help preserve natural teeth and support overall wellness.



MANAGING DRY MOUTH

Dry mouth becomes more common with age and may increase the risk of cavities.

To help maintain a healthy mouth:

- Drink water regularly.
- Limit sugary beverages.
- Chew sugar-free gum if appropriate.
- Discuss medication side effects with your healthcare provider.
- Maintain excellent daily oral hygiene.

Healthy saliva helps protect teeth by washing away food particles and neutralizing acids.

DID YOU KNOW?

- Many adults keep their natural teeth for life with proper preventive care.
- Dry mouth can increase the risk of tooth decay.
- Gum disease is not a normal part of aging.
- Preventive dental visits remain important throughout adulthood.

NUTRITION SUPPORTS ORAL HEALTH

Nutritious foods help maintain healthy teeth and gums.

Choose:

- Fresh fruits and vegetables
- Dairy products or calcium-rich alternatives
- Lean proteins
- Whole grains
- Water

Limit:

- Sugary snacks
- Sticky candies
- Sweetened beverages
- Frequent snacking between meals

A healthy diet supports both oral and overall health.

MYTH VS. FACT

MYTH

"Losing teeth is simply part of getting older."

FACT

Tooth loss is not an inevitable part of aging. Daily oral hygiene, healthy nutrition, and regular preventive care can help preserve natural teeth throughout life.

COMMUNITY RESOURCES

Affordable preventive dental services may be available through:

- Federally Qualified Health Centers (FQHCs)
- Community Health Centers
- Dental school clinics
- Local public health departments
- Community senior health programs
- Medicaid dental programs (where available for eligible individuals)

Access to preventive care supports healthy aging and improves quality of life.



THIS MONTH'S HEALTHY SMILE CHALLENGE

THIS MONTH, TAKE SIMPLE STEPS TO PROTECT YOUR SMILE.

- ☐ **DRINK MORE WATER EVERY DAY**
- ☐ **BRUSH TWICE DAILY**
- ☐ **FLOSS EVERY EVENING**
- ☐ **SCHEDULE A PREVENTIVE DENTAL EXAMINATION IF YOU ARE DUE**
- ☐ **ENCOURAGE A FAMILY MEMBER TO PRIORITIZE ORAL HEALTH**

Healthy habits today support healthy smiles for years to come.

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