

JUNE 26

**HEALTHY SMILES
AT EVERY AGE
LIFELONG ORAL
HEALTH THROUGH
PREVENTION**



Welcome to the June 2026 issue of the CareGuard Oral Health Bulletin. Good oral health is important at every stage of life. From early childhood through older adulthood, healthy habits help protect teeth and gums, support overall health, and improve quality of life. Although oral health needs change over time, the principles of prevention remain the same: daily oral hygiene, healthy nutrition, regular dental examinations, and informed health decisions. This month's bulletin highlights simple strategies that support healthy smiles throughout life.

DAILY HABITS THAT LAST A LIFETIME

Simple routines make a lasting difference.

- ✓✓ Brush twice each day with fluoride toothpaste.
 - ✓✓ Clean between your teeth daily using dental floss or interdental cleaners.
 - ✓✓ Drink water throughout the day.
 - ✓✓ Choose nutritious foods and limit sugary snacks.
 - ✓✓ Replace your toothbrush every three to four months.
 - ✓✓ Visit a dental professional regularly for preventive care.
- Healthy habits practiced consistently are the foundation of lifelong oral health.

ORAL HEALTH ACROSS THE LIFESPAN

Every stage of life presents unique opportunities to protect oral health.

Children

Healthy baby teeth support proper nutrition, speech development, and the eruption of permanent teeth.

Teenagers

Orthodontic treatment, sports participation, and dietary choices make daily oral hygiene especially important.

Adults

Consistent preventive care helps reduce the risk of cavities, gum disease, and tooth loss.

Older Adults

Maintaining healthy teeth and gums supports nutrition, communication, and overall quality of life while helping address age-related oral health challenges such as dry mouth.

No matter your age, prevention remains the most effective approach to maintaining oral health.



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NUTRITION SUPPORTS HEALTHY SMILES

A balanced diet benefits both your body and your mouth.

Choose foods such as:

- Fresh fruits and vegetables
- Whole grains
- Dairy products or calcium-rich alternatives
- Lean proteins
- Nuts and seeds (when appropriate)

Try to limit:

- Sugary beverages
- Sticky candies
- Frequent snacking between meals
- Highly acidic drinks

Water remains the healthiest beverage for hydration and oral health.



ORAL HEALTH AND OVERALL WELLNESS

Oral health is closely connected to general health.

Healthy teeth and gums contribute to:

- Comfortable eating and speaking
- Better nutrition
- Self-confidence
- Healthy aging
- Overall well-being
-

Preventive oral care supports healthier communities and improves quality of life for people of all ages.

DID YOU KNOW?

- Most common oral diseases are preventable.
- Tooth decay and gum disease can often be avoided through consistent daily care.
- Preventive dental visits help identify problems before they become more serious.
- Good oral health contributes to better overall health throughout life.

MONTHLY SELF-CHECK

Take a few minutes once each month to become familiar with your mouth.

Look for:

- Persistent sores
- Unusual lumps
- Red or white patches
- Changes that do not heal

If you notice anything unusual lasting more than two weeks, contact a healthcare professional for evaluation.

Self-awareness is not a substitute for professional care but can help you recognize changes earlier.

MYTH VS. FACT

MYTH "It's too late to improve my oral health."

FACT

Healthy habits can benefit people at any age. Daily brushing, flossing, healthy nutrition, and regular preventive care all contribute to improved oral health and well-being.

COMMUNITY RESOURCES

Many communities offer affordable preventive dental services through:

- Federally Qualified Health Centers (FQHCs)
- Community Health Centers
- Dental school clinics
- Local public health departments
- Medicaid dental programs (for eligible individuals)
- Children's Health Insurance Program (CHIP)
-

These programs help improve access to preventive oral healthcare for individuals and families.



THIS MONTH'S HEALTHY SMILE CHALLENGE

THIS MONTH, COMMIT TO PROTECTING YOUR ORAL HEALTH

- ☐ BRUSH TWICE EVERY DAY
- ☐ FLOSS ONCE DAILY
- ☐ DRINK MORE WATER EACH DAY
- ☐ SCHEDULE A PREVENTIVE DENTAL EXAMINATION IF YOU ARE DUE
- ☐ ENCOURAGE A FAMILY MEMBER TO JOIN YOU IN PRACTICING HEALTHY ORAL HABITS

Healthy smiles are built through small daily actions repeated over time.

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