

Smile in your golden years

Add years to YOUR SMILE



Good news! Today's older adults are keeping their natural teeth longer. In fact, since 1960, the rate of toothlessness has dropped 60% among persons aged 55 to 64.¹ It's all thanks to scientific developments and the dental industry's emphasis on prevention.

Dental challenges as you grow older but wiser.

While adults of all ages can have cavities, seniors can face unique dental challenges in their golden years:

- Seniors are more likely to have decay around older fillings, and decay of the tooth root itself.
- Plaque builds up faster and in greater amounts as we age.²
- Reduced dexterity and mobility may make daily oral hygiene habits more difficult.
- Medical or mental conditions may present additional challenges to maintaining or receiving regular care.
- Vision or hearing loss may reduce a patient's ability to cope with stress or communicate clearly.



You don't have to live with toothaches or bleeding gums.

Gum disease continues to be a threat to seniors since lack of awareness about available treatments and techniques may lead them to make false assumptions about their dental health — and tolerate conditions such as toothaches and bleeding gums. To help meet this challenge, dentists are becoming more proactive as the number of older patients increases steadily,² and gaining practical information on how to effectively manage their treatment needs.

Proper nutrition can keep your body — and your teeth — strong.

Proper nutrition is important for everyone, young or old, but many older adults don't eat balanced diets — and that can adversely affect their teeth. Some people avoid certain foods because they have trouble chewing or swallowing due to painful teeth, ill-fitting dentures, dry mouth or changes in facial muscles. Others find their sense of taste has changed, sometimes due to disease or certain medications. As a result, they're often lacking in calcium, protein and other nutrients essential to dental and overall health.³ The solution is to choose nutritious foods you can eat and enjoy.

GO YOU.



“Dry Mouth” may not be a normal consequence of aging.²

Side effects from medications are the most common culprit of dry mouth, but it may also be the first sign of a systemic problem or disease. Talk with your dentist if you have dry mouth.

Dental dos and don'ts:²

- Don't skip routine dental care. Visit your dentist regularly for professional cleanings and oral exams.
- Brush your teeth at least twice a day.
- Clean between teeth daily with floss or an interdental cleaner.
- Replace your toothbrush every three or four months or sooner if the bristles become frayed. A worn toothbrush will not do a good job of cleaning your teeth.
- Don't smoke. Smoking or chewing tobacco increases the risk of periodontal disease.
- Watch your diet. Eat a balanced diet and limit between-meal snacks.

Together, you and your dentist can keep your teeth happy at every age.

Good oral hygiene and regular dental care are important whatever your age. Even if you no longer have your natural teeth, you should see your dentist regularly. The dentist will examine your mouth to check for any problem with the gum ridges, the tongue and the joints of the jaw, as well as screen for oral cancer.² By practicing good oral hygiene at home and visiting your dentist regularly, you can prevent dental problems, and save your teeth and gums.



1. National Institute of Dental & Craniofacial research survey cited at www.ada.org
2. www.ada.org, <http://www.ada.org/6253.aspx?currentTab=2>
3. University of Iowa study, published in JADA, Oct. 2002, cited at ada.org



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