

CAMP HILL, Pa. (Sept. 20, 2022) – While one in five adults 65 and older have untreated tooth decay, it doesn't have to be a normal part of aging. During Healthy Aging Month, United Concordia Dental shares oral care tips to prevent common dental problems in older adults.

Recent [survey](#) findings by the *Journal of the American Dental Association* show that cavities and dry mouth are the two most frequently seen conditions in older adults by dentists.

“Cavities are often associated with kids, but they can also be a problem for older adults because oral health changes as you age,” said Katie Deffke, DDS, dental director, United Concordia Dental. “Older adults have different risk factors for tooth decay – particularly cavities that form on the roots of the teeth – such as receding gums that expose root surfaces and increased use of medications that produce dry mouth.”

Here are some oral care tips to help older adults prevent cavities, manage dry mouth symptoms and maintain good oral health:

- Brush your teeth twice a day for 2-3 minutes and floss at least once daily.
- Limit caffeine, alcohol and sugary foods and drinks, which can accelerate tooth decay and worsen dry mouth symptoms.
- Chew sugarless gum or suck on sugar-free hard candy to stimulate saliva flow.
- Use over-the-counter oral products, such as sprays, gels and rinses, to moisturize your mouth.
- Frequently sip water throughout the day to wash away excess food, debris and bacteria.
- Visit your dentist regularly to detect and treat tooth decay and other dental problems.

“With research showing that oral health is connected to overall health and well-being, there’s no question that good oral care is an important part of healthy aging,” said Deffke.

For more oral health tips, visit the Oral Health Resources section at [UnitedConcordia.com](https://www.unitedconcordia.com).

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