

Ages 65+: Independent & Assisted Living



healthiest
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initiative



The Healthiest State Initiative is devoted to making Iowa the healthiest state in the nation. One way we are focused on improving Iowa's well-being ranking is by encouraging you to visit the dentist. Whether you're 18 or 65, there's always a reason to Get Your Bib On!

Advice to Keep Your Smile Healthy From Ages 65+



Get regular dental care. Dental exams and cleanings are just as important now as they were when you were younger, if not more so – as is a good routine of brushing and flossing. Drinking fluoridated tap water will help with dry mouth and keep teeth strong.



Know your tooth replacement options. If you do need to replace a missing tooth, know that you have several options – including bridges, dentures and implants. The treatment you choose may depend on the number of teeth that need to be replaced and the condition of your jaw and gums.



Get screened for oral cancer. Your dentist can look for signs of oral cancer at your exam, but you should also screen yourself monthly. Check for white or red patches, mouth sores that won't heal, difficulty or pain swallowing, or lumps in your neck or cheeks.



Ask questions. If you're entering an assisted living facility or choosing one for a loved one, include questions about dental care in your interview process. Make sure mouth care is emphasized at least once a day, and ask if staff are trained to recognize dental problems or if an on-call dental professional is available.



Use Your Coverage – Or Get Covered

If you don't qualify for Medicaid there are other affordable dental coverage options available. Individual dental coverage is available through dental insurers and through the Health Insurance Marketplace. Discount programs and clinics also offer access to dental services at a reduced rate.

Visit GetYourBibOn.com to learn more about dental coverage options.

Take a step to improve your oral health and overall well-being. Schedule a dental appointment today.

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