

Ages 65+: Newly Retired



healthiest
— state —
initiative



get your bib on



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 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.



Battle dry mouth. Many adults over the age of 65 are on at least one type of prescription medication, many of which can cause dry mouth. (Blood pressure medicine is one culprit.) Saliva is very important in the fight against cavities and gum disease. From avoiding certain foods to trying an over-the-counter artificial saliva product, there are many options for keeping your mouth moist – and healthy. Sipping fluoridated tap water during the day will also help keep your teeth strong.



Remember the basics. Regular 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.



Use Your Coverage – Or Get Covered

If you're newly retired, you're probably learning all of the ins and outs of Medicare. If you don't qualify for Medicaid there are other affordable dental coverage options available. Individual dental coverage is available through dental insurers or 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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