

Ages 35-64



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 35-64



**Eat foods that provide calcium and vitamin D.** Calcium-rich foods and drinks like yogurt, milk and cheese help prevent osteoporosis, which causes bones to weaken – including the jaw bone, which can lead to tooth loss. Vitamin D helps your body absorb calcium, so it's also a must. Drinking fluoridated tap water will help with dry mouth and keep teeth strong.



**Your risk for oral cancer increases after the age of 35.** Smoking, excessive alcohol consumption, excessive sun exposure and a history of human papillomavirus (HPV) are all linked to an increased risk for oral cancer. People whose cancer is discovered at an early stage have the best survival rate, so it's important to know the symptoms and get screened regularly.



**Oral health can affect overall health.** Lifestyle choices such as an unhealthy diet, lack of exercise, and smoking can increase the risk of many diseases – including gum disease. Due to these shared risk factors, more people with diabetes have gum disease, and people with gum disease are up to two times as likely to have type 2 diabetes.



## Use Your Coverage – Or Get Covered

**You're likely in the workforce, and may have an employer-provided dental plan. If so, it's important to take advantage of your dental benefits.** Most plans cover preventive care, making dental exams and cleanings free or little cost to you.

**If you don't have dental coverage there are other 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](http://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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