

Aging and Dental Health (Geriatrics)

According to the U.S. Administration on Aging, the population of Americans older than 65 years is expected to double to about 71 million by 2040. What's more, the population of Americans older than 85 years is expected to increase to 9.6 million by 2030.

The unique dental needs and challenges of senior adults, includes a vital connection between a healthy body and a healthy mouth. If you want to feel good, stay healthy, and look great throughout life, you might be surprised what a difference a healthy mouth makes. By adopting healthy oral habits at home, making smart choices about diet and lifestyle, and seeking regular dental care, you can help your teeth last a lifetime.

As you know, your teeth are important for speaking, smiling, chewing and appearance. With regular dental visits and overall healthy habits, you can take control of your oral health—whether you have your natural teeth, implants or wear dentures. For more information, please read [Tips for Taking Care of Your Teeth and Visiting the Dentist](#). You may also wish to review [Frequently Asked Questions \(PDF\)](#) that address popular topics such as brushing your teeth, oral cancer detection, oral effects of common medications, and more.

The ADA's Oral Longevity initiative and online resources are designed to support aging consumers and their caregivers by helping them better understand how to maintain good oral health for life.

Please use this link to find special resources for aging adults, or visit www.ada.org/OralLongevity.aspx.

There you will find a host of resources related to:

- Dry Mouth
- Cavities after 60
- Oral Cancer
- Dentures & Implants
- Daily Mouth Care
- The Effect of Diabetes, Arthritis and Medications on Oral Health

ADA Videos

[Dental Minute: Oral Longevity](#)