

Tooth Care and Cavities

SENIOR DENTAL CARE



Seniors may be at greater risk for developing cavities due to dry mouth and shrinking gums. Dry mouth can be caused by diabetes and medications commonly taken by seniors.

What causes cavities?

Eating sugary or starchy foods can lead to cavities. These foods, when combined with bacteria found in the mouth, can cause tooth decay.

Why are cavities bad?

Cavities can cause pain. Untreated cavities may cause infection, tooth damage and tooth loss.

How to prevent cavities:

- See your dentist regularly
- Limit starchy and sweet foods
- Limit sugary drinks
- Brush your teeth after each meal with a soft toothbrush and fluoride toothpaste

This dark spot is a cavity. This type of cavity is common when gums shrink.



Contact your dentist or medical provider promptly if you are in pain or need care.

