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

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