

Oral Health for Adults

Good oral hygiene is important throughout life. Adults can get cavities and gum disease that can lead to serious problems if oral health is ignored. Regular dental visits (twice a year) are just as important to adults as they are for children.

Tips for keeping your teeth and gums healthy:

- Brush twice a day with fluoridated toothpaste to remove dental plaque
- Floss daily to remove plaque from between your teeth and under the gum line
- Use a soft bristled toothbrush
- Limit sugary and sticky foods and beverages
- Use a mouth rinse to help get rid of plaque bacteria
- Tell your dentist about any medical conditions or medications you take



Dental visits also provide another important screening—dentists check for oral cancer signs. The use of alcohol or tobacco increases your risk for oral cancer. Most oral cancer warning signs can be detected by your dentist during a regular check-up.

After age 35, more adults lose teeth to gum disease than to tooth decay.



In 2014, the Macomb County Health Department recognized a growing need to draw support from all community groups to advocate for better oral health in the community. Consequently in 2015, the Macomb County Oral Health coalition (MCOHC) was launched. The coalition membership includes representatives from more than a dozen organizations working collaboratively to promote oral health in Macomb County.

Vision:

All Macomb County residents have access to quality and affordable oral health services and oral health is integrated into their overall health and well-being.

Mission:

The mission of the Macomb Oral Health Coalition is to improve oral health of all people in Macomb County.

Learn more and find oral health resources:

health.macombgov.org/health-OralHealthCoalition

586-463-1254

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