



HEALTHY SMILES MATTER AT EVERY AGE

Keeping your smile healthy helps you stay active, confident, and connected at every stage of life.

Your smile is part of how you connect with the world around you. Regular checkups and good daily habits can help support healthy aging and reduce the risk of problems that may affect eating, speaking and daily life.¹

DentaQuest's Cardinal Care Smiles Program is here to help. As adults get older, it is important to pay attention to mouth, gum and denture changes. Even without natural teeth, regular dental visits help protect gum health, and screen for cancer and ensure your dentures still fit correctly. Watch out for:



Dry mouth

Dry mouth is common as we age, especially for people taking certain medications. Drinking water and regular dental visits can help.



Sensitive teeth or tooth pain

Tooth pain, sensitivity or trouble eating should not be ignored. Dental visits can help catch problems early.



Changes or bleeding in your gums

Bleeding gums are not a normal part of aging and may be a sign of gum disease.



Whole body and oral health

Conditions like diabetes and heart disease can affect your oral health. Regular dental care can help support your overall health and well-being.²



Dentures that are not comfortable

Pain, sore spots or trouble chewing may mean it is time for checkup. Dentures should be checked at least once a year to make sure they still fit properly.³



Keep Smiling, Staying Active and Living Well

DentaQuest can help you find a dentist near you and learn more about **Cardinal Care Smiles**. Visit **DentaQuest.com** to use the **Find a Dentist tool** or call **1-888-912-3456** to get started today.

¹ National Institute of Dental and Craniofacial Research. Older Adults and Oral Health. November 2023.

² Centers for Disease Control and Prevention. Oral Health Conditions.

³ American College of Prosthodontists. Denture Care and Maintenance Guidelines. Accessed June 2026.