

Get Your Teeth Ready for Retirement

For the parents of the baby boomers, it was easy to get your teeth ready for retirement. That is because they had already “retired” to Dentureville.

But for the majority of dental patients nearing retirement age, there needs to be some serious planning done to insure that your natural teeth will last as long as you need them. In many cases, this may be twenty five years or more.

Your fifties are a great time to update your oral health so that you can take advantage of your annual dental insurance benefit, which will not be available after retirement.

Although we might be tempted to just focus on the structural integrity of the teeth, the latest research indicates that the presence of gum disease has some startling harmful affects on our systemic health.

When the gum tissue is not healthy, the biologic seal is not intact. The harmful bacteria in our mouth then enter our bloodstream via the bleedy gums, where our immune system has to deal with them. This affects the inside of the blood vessels and we are more susceptible to stroke and coronary attacks.

Another study showed a strong correlation between periodontal disease and incidence of pneumonia. This is especially true in the elderly and debilitated.

The good news is that our office has all the resources necessary to provide you with optimal dental health your entire lifetime. Give us a call and we will insure that your dental life plan is on track for those golden years!

Dr G