

# Preventive Dental Advice

Date: \_\_\_\_\_

Dear [Recipient's Name],

As we age, maintaining good oral health becomes increasingly important. Here are some preventive dental tips tailored for seniors:

- Visit your dentist regularly for check-ups and cleanings.
- Brush your teeth at least twice a day with fluoride toothpaste.
- Floss daily to remove plaque between teeth.
- Consider using an antibacterial mouthwash.
- Stay hydrated and limit sugary foods and beverages.
- Don't ignore dental pain or discomfort; consult your dentist promptly.

Taking care of your teeth is essential for overall health. If you have any questions or need assistance, feel free to reach out.

Sincerely,

[Your Name]

[Your Title/Position]

[Your Contact Information]