



Options for Tooth Loss



Older adults may lose some or all their teeth. Missing teeth should be replaced to help with eating and speaking.



Learn more ways to be healthy for FREE at L.A. Care's Family Resource Centers, or in special Health in Motion™ classes near you. Ask your doctor for a referral or visit us for more information.



L.A. Care
HEALTH PLAN®



**HEALTHY
SMILES FOR
A LIFETIME**

Most dental problems are caused by plaque and tartar. Plaque is a sticky blend of germs and food. When plaque hardens on the teeth it is called tartar.

Plaque and tartar cause:

- tooth decay (cavities)
- gum disease (gingivitis)
- bad breath (halitosis)
- receding gums (periodontitis)
- infections (tooth abscess)
- tooth loss

Dentures are false teeth that can be taken out and put back in your mouth at any time.

- ✓ Complete Dentures replace all of your teeth.
- ✓ Partial Dentures (also called a bridge) replace one or more missing teeth.

Dental implants are false teeth that are joined to a small screw. The screw is then set in your jaw.

Talk to your dentist about the best choice for you.

With the right care your teeth can last a lifetime. Without proper care germs can build up in the mouth. This leads to tooth decay (soft, black spots on the teeth) and gum disease (red, puffy gums that bleed easy).

For a healthy smile, take good care of your teeth and gums now.

Inglewood

Corner of Century & Crenshaw
3111 W. Century Blvd, Ste. 100
Inglewood, CA 90303
1-310-330-3130

Lynwood

In Plaza Mexico
3180 E. Imperial Highway
Lynwood, CA 90262
1-310-661-3000



L.A. Care
HEALTH PLAN®

For a Healthy Life

*A dental guide to
keep you smiling*

Four steps to keep you smiling:

1. Brush
2. Floss
3. Rinse
4. See the dentist

The key to a great smile is a healthy mouth.



1

 Brush your teeth for 2 minutes, 2 times each day

- Use toothpaste with fluoride.
- Use a toothbrush with soft bristles.
- Brush the outside, top and bottom of your teeth. Move in circles from side to side across your teeth and gums.
- Clean the inside of your back teeth in a circular motion.
- Clean the inside of your front teeth in an up-and-down motion.

2

 Floss your teeth each day

- Wrap a long piece of floss (about 18 inches) around your middle fingers.
- Slide the floss between your teeth. Stop when you reach your gums.
- Move the floss up and down your tooth. Use clean floss as you go.

3

 Rinse with mouthwash for 30 seconds, 2 times each day

- Use the amount of mouthwash as listed on the package.
- Swish it in your mouth and gargle for 30 seconds.



4

 See the dentist twice a year

Do not wait until you are in pain to see the dentist! You may have problems long before you know it.



Tell the dentist if you have:

- Pain
- Changes in your gums, tooth color, or taste
- Dry mouth
- Sensitivity to hot and cold

The dentist will also want to know if you have any health problems such as diabetes. Be sure to tell your dentist about any medicines you are taking.