



Adulthood

20/59 years

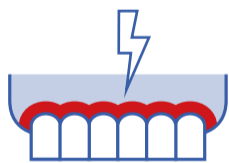
Recommendations

01. "Don't ignore your gums — periodontal health is key!"
02. "Regular cleanings save more than teeth — they save lives."
03. "Protect against tooth erosion: Reduce acidic foods and beverages."
04. "Stress grinding? Try night guards and mindfulness to save your smile and oral health."
05. "Oral health impacts heart health — visit your dentist regularly."
06. "Fluoride: Not just for kids — adults need it too!"
07. "Lost a tooth? Don't risk losing more — prioritize your periodontal health!"
08. "Lost a tooth? Options like implants and bridges restore confidence."
09. "Caring for your smile now prevents costly repairs later."
10. "Diabetes and oral health — manage both for better outcomes."

Takeaway messages



Oral health is influenced by lifestyle factors, systemic conditions, and aging.



Periodontal diseases like gingivitis and periodontitis peak in adulthood.



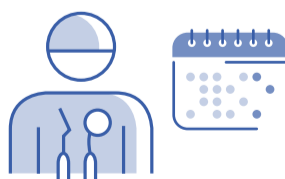
Tooth erosion and hypersensitivity are often linked to dietary acids and bruxism.



Dental caries and tooth loss impact health and quality of life.



Gingival recession affects 78% of adults and can lead to tooth sensitivity, root caries, and aesthetic concerns.



Regular dental visits and cleanings are critical to early detection and prevention.



Oral health is closely connected to overall health, including cardiovascular and diabetes management.