

How to get your teeth into longevity

Evolution equipped us to live for around two generations. Medical science addresses causes of deterioration to extend this.

Oral health is an integral part of general health. Managing oral health can make a difference to longevity. Studies show links between longevity and the number of remaining teeth, their condition and the condition of gums and mouth.

What's involved here?

One suggestion is that with age our functional abilities may decline and we become less able to manage our oral health needs and access oral health services.

Oral health problems can lead to eating difficulties, raising diet-related issues in turn affecting quality of life and longevity.

There are more people living to over 100. There is some evidence they take more care of their teeth than other older dental patients, even if they need more help to do so.

The evidence of a relationship between oral health, quality of life and longevity is compelling.

Specific conditions affecting oral health

Diabetes is on the rise and its treatment is often associated with oral health problems.

Oral bacteria may be involved in some cardiovascular problems. Recent research suggests they may be also involved in the onset of Alzheimer's disease, rheumatoid arthritis and aspiration pneumonia.

What to do?

Regular brushing and flossing and at least annual dentist visits are recurring advice.

Prevention is more effective (and less painful and expensive!) than cure, so rather than relying on fixes from your dental professionals, enlist their help to develop and supervise your own oral health program.

Next Steps

You can take more control over your oral health by incorporating it into your Longevity Plan. If you are already a **Subscriber**, add it into the Health section of your immediate actions and schedule a regular review.

Before your next visit, check our suggestions in the **Introductions** tab to explain how long you are planning for. Ask your health professional for an oral health program just for you, to keep your teeth and gums in better shape through the rest of your life.

Dentists we spoke with were keen to provide this. They followed up enthusiastically at the next visit – it's more fun to have clients who approach them positively rather than in fear!

A visit [here](#) will also help you take control.

Not yet a subscriber?

Our Longevity Plan helps you take control of your longevity including managing your oral health.

You can begin your own planning [here](#):

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