Osteoporosis and Your Mouth
Changes in your dental health can indicate bone loss

Did you know that 1 in 3 women and 1 in 5 men over 50 suffer fractures due to osteoporosis? Luckily, keeping an eye on your oral health can help you identify and lower your risk.

Are you at risk?

• **Women** make up 80% of Americans with osteoporosis, according to the National Osteoporosis Foundation. Women start with lower bone density than men and lose bone mass more rapidly as they age.

• **After age 30**, adults’ bone mass starts to decrease.

• **Menopause** increases the likelihood of osteoporosis in women, due to a drop in estrogen levels.

• **Size.** People with small and thin body types are at a greater risk of osteoporosis than those with larger frames.

• **Anorexia**, including a history of the eating disorder, is linked to low bone density and increased chance of fractures.

Keep reading to find out how to protect yourself
Recognize the signs
Prevent a fracture by identifying osteoporosis early on. Look for these signs:

• **Bone loss** in the jaw. This may indicate bone loss throughout your body.

• **Tooth loss.** Losing teeth can be due to low bone mineral density.

• **Ill-fitting dentures.** Osteoporosis causes significant change in the bone, requiring denture wearers to be refit more frequently.

Lower your risk
• Up your calcium intake by eating lots of dairy products and leafy green vegetables.

• Take supplemental calcium.

• Add vitamin D to your diet through salmon, tuna and vitamin D-fortified milk and juices.

• Do weight-bearing exercise.

• Quit tobacco.

• Cut down your caffeine and alcohol intake.

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