

Making time for the dentist can lower your risk of Alzheimer's Disease



While there is no cure for Alzheimer's disease, there are many things we can do to lower our risk, like **maintaining good oral health.**

Alzheimer's Disease is a public health crisis in the United States. According to the Alzheimer's Association, more than six million Americans over the age of 65 are currently living with Alzheimer's Disease, and this number is expected to climb to over 13 million by 2050. While other major diseases, such as heart disease, have seen a decrease in deaths over the last two decades, deaths due to Alzheimer's have only increased. The CDC reports that 120,122 people died from Alzheimer's Disease in the U.S. in 2023, marking an increase of more than 145 percent during that period.

Maintain good oral health habits to reduce the risk of Alzheimer's disease

Studies show healthy gums may act as a protectant against Alzheimer's. Brushing twice a day and flossing daily is so important. Visiting the dentist twice a year for an exam and cleaning will also keep your gums in top shape and ensure that it's harboring healthy bacteria that protect you from inflammation and other dental issues.

Adults with Alzheimer's Disease experience higher rates of dental issues

Adults who have memory-loss related diseases are at a higher risk of tooth loss, cavities, and periodontal disease. Reduced cognition and dexterity can complicate matters when it comes to brushing and flossing; they can experience lower amounts of saliva being produced, causing dry mouth.

If you have a family member or loved one who has a disease such as dementia or Alzheimer's, it's important to help and support them with their oral health routine on a daily basis.

The connection between poor oral health and Alzheimer's Disease, and conversely, between Alzheimer's and poor oral health, is very evident. And while brushing, flossing, and visiting the dentist regularly won't cure or totally prevent these cognitive diseases from happening, they can significantly reduce the risk as we age.