

Osteoporosis and Your Mouth



Did you know that your dentist can detect early signs of osteoporosis? Schedule regular dentist visits to protect your dental and bone health.

Lower your risk

- Increase your calcium intake with dairy, leafy green vegetables and supplements.
- Add vitamin D to your diet through salmon, tuna and fortified milk and juices.
- Build bone density with weight-bearing exercise.
- Quit smoking.
- Reduce your caffeine and alcohol consumption.