

New York Dentist Offers Dental Care Advice for Senior Citizens

Greenwich Village dentist, Dr. Charles Puglisi, says that baby boomers need to pay attention to their oral hygiene.

NEW YORK, NEW YORK, UNITED STATES, September 17, 2014 /EINPresswire.com/ -- Dr. Charles Puglisi, DMD, F.A.G.D., (www.drpuglisi.net) a popular [Manhattan dentist](#) based in Greenwich Village, says that while we may assume that our teeth will always be there for us, having healthy teeth and gums takes quite a bit of effort.

“Strong, functional teeth should not be taken for granted, especially as we move on in years,” says Dr. Puglisi. “Issues such as dry mouth due to medications, sensitivity to temperatures and textures, and painful gums are all common dental complaints among senior citizens.”

Dr. Puglisi says that, according to a recent study, Americans over age of 45 understand that good oral care can positively affect their overall health. However, the study also found that while 83 percent of Americans have medical coverage, only half are covered by dental insurance. When a person faces retirement, he explains, the cost of dental care coverage becomes a heavy burden. However, Dr. Puglisi says that proper dental care is essential throughout the life cycle, at any age.

He offers the following tips for seniors to work toward better oral health:

Increase Your Calcium Intake

“Your teeth and gums are made up of calcium,” says Dr. Puglisi. “That is why it is important to eat foods such as yogurt, cheese and soybeans to keep your teeth strong. For breakfast, try having yogurt topped with a crunchy whole-grain cereal and fresh fruit to start your day off right.”



Dr. Charles Puglisi Greenwich Village Dentsit



Oral Health Champion 2014

According to Dr. Puglisi, we get most of our Vitamin D from the sun's rays, and Vitamin D helps us absorb the calcium into our bodies. This is why it is important, he says, to get outdoors and exercise.

Increase Your Vitamin C Intake

“A lack of Vitamin C can cause severe dental problems, including tooth loss and bleeding gums,” Puglisi explains. “Eat salads with citrus fruits, such as orange or grapefruit, to boost your body's ability to fight tooth decay and plaque.

Decrease Your Sugar Intake

While it may seem painfully obvious, Dr. Puglisi says that avoiding sugary foods is the key to ensuring dental health. Foods high in sugar, like candy, convert to acids inside the mouth and can cause harmful decay.

Take Care of Your Saliva

“Saliva is one of the body's best bacteria fighters,” says Dr. Puglisi. “Foods that promote saliva production, such as tart or sour foods including lemons, limes, cherries and cranberries, can help fight bacteria in the mouth.”

Clean the Teeth, Naturally

For seniors who cannot floss during the day, Dr. Puglisi suggests snacking on crunchy foods, such as carrots and apples, which will clean the teeth naturally.

Dr. Puglisi says that these are just a few of the ways that Baby Boomers can continue having healthy teeth, even into their golden years.

For more than three decades, Dr. Charles Puglisi DMD., F.A.G.D, has been offering quality oral care. His practice, located at 39 Fifth Ave, New York, NY, in the heart of Greenwich Village, offers Comprehensive General, Cosmetic and [Restorative Dentistry](#), Laminates, Veneers and Bonding, [Cosmetic Tooth Whitening](#) and Tooth Re-shaping, Prophy-Jet™ Air Polishing Dental Implant Restorations, Crowns, Bridges, Porcelain/Composite Inlay/Onlays, Periodontal Treatments, and more. Call (212) 529-2929 for more information or visit Dr. Puglisi's website at www.drpuglisi.net

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