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# Get Healthy Teeth For Life

Your smile is one of the first thing people notice about you. Even if you have a sparkly white smile doesn't mean that it will stay that way for ever. Unless you know what to look for. Here are some symptoms that if you tell your dentist about can make your healthy white smile for years and years to come!

For decades, Conni Sota left every dental checkup with a clean bill of health. But then came a string of troubles: first the "twinges" with cold drinks, then thinning gums. Inconsistent flossing got some of the blame, admits Sota, 51, who works in a Philadelphia-area law office. But the bigger culprit was age: "Teeth and gums are vulnerable to wear, and it's during your 50s and 60s that problems often start to show up," says Robert Palmer, MD, head of geriatrics at the Cleveland Clinic.

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