

You're Healthier With a Healthy Mouth



Tips to Prevent Oral Disease and Protect Your Health



Manage Dry Mouth, Which Can Quickly Lead to Tooth Decay

Dry mouth is a common side effect of many prescription and over-the-counter medications and some medical conditions. To manage dry mouth:

- Sip water throughout the day (fluoridated water is best).
- Use sugar-free gum or mints to increase saliva. Products made with xylitol (a natural sweetener) help protect your teeth.
- Ask your pharmacist, dentist, or doctor about other dry mouth treatments.



Choose Healthy Snacks

- Choose tooth-friendly snacks such as fresh fruits and vegetables, nuts and cheese.
- Avoid sweet, sticky, high-carb foods and drinks to prevent “acid attacks,” which can cause cavities.
- After meals and snacks, brush or rinse to help wash away any remaining food particles.



Protect Your Teeth With Fluoride

- Fluoride strengthens teeth, so be sure to use fluoride toothpaste.
- Drink fluoridated tap water. Ask your local health department if your tap water contains fluoride.
- Ask your dentist or doctor about fluoride varnish and high-fluoride toothpaste.



Brush Twice Daily and Floss Every Day

- Brush twice a day with fluoride toothpaste, and remember to brush your tongue, gums, and the roof of your mouth.
- Use floss, or another type of interdental cleaner (small brush or dental pick) to remove gunk from between your teeth where a toothbrush can't reach.



Get Regular Dental Checkups

- See a dental professional at least annually. Even if you wear dentures, checkups are still important.
- Prevent problems early, before they become painful and expensive.
- Preventing oral disease is especially important for older adults since Medicare does not include dental coverage.



HealthyMouth-012024

If you have a question, give us a call. We're happy to help.

Call us (800) 554-1907
Text us (833) 604-1246
Visit [DeltaDentalWA.com](https://www.DeltaDentalWA.com)

 **DELTA DENTAL®**

Delta Dental of Washington