



Caring for your mouth
is an easy way to keep your
whole body healthy:

- Brush
- Floss
- Get regular oral checkups
- Reduce the time food spends on your teeth



A healthy mouth is essential
to healthy aging.

Oral disease is linked to
chronic diseases including
diabetes, heart disease, stroke,
and pneumonia.

The good news? Oral disease
is preventable.

THE
MIGHTY
MOU  **TH**

For more information or
help finding dental care, visit

TheMightyMouth.org

ARCORA

The Foundation of
Delta Dental of Washington

You're Healthier With a Healthy Mouth



You need healthy teeth and gums
to eat the foods you love and get the
nutrition you need for good health.



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 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.



Gum Disease is an Infection That Makes it Harder to Manage Diabetes.

If you have diabetes you are up to three times more likely to develop gum disease and gum disease makes it harder to control blood sugar.

Talk with your doctor or dentist—many people don't know they have diabetes or pre-diabetes.

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