

Oral Health Self-Management Plan



Eat less sugar and starch



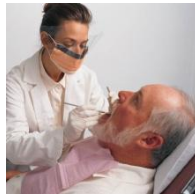
Brush 2 times every day



Floss every day



Drink more water



See your dentist

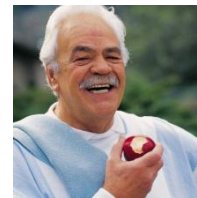


Talk to your doctor

Green Flags – All Clear



No pain or bleeding



No problem eating

Keep up the great work!

Yellow Flags – Caution



Dry mouth
Low saliva
Bleeding gums



Dentures don't fit

Call your doctor, nurse, or dentist if you notice any changes in your oral health.

Name:

Name:

Number:

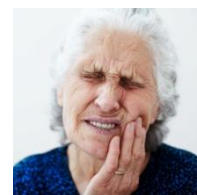
Number:

If you notice a Yellow Flag, work closely with your health care team.

Red Flags – Stop and Think



Bleeding doesn't stop



Pain keeps you from eating

You need to be evaluated by a doctor or dentist right away.

Name:

Number:

If you notice a Red Flag, call your doctor or dentist immediately.

Personal Health Record









Use pencil. Update regularly.

My Name

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Phone Numbers

	Coach:	Phone
	Doctor:	Phone
	Hospital:	Phone
	Dentist:	Phone
	Pharmacy:	Phone
	Family or friend:	Phone

Allergies

Including drug allergies

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My Health Goals

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Questions for my Doctor

Issues & Concerns

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Medications & Supplements

Name	Dose	How Often?	Reason
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1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

16.

17.

18.

19.

20.

Oral Health is Important!

No dentist? No dental insurance?

The following resources can help you find dental services:

King County 2-1-1 (all ages)

Dial 2-1-1 or call 1-800-621-4636

Senior Information & Assistance (age 60+)

1-888-4-ELDERS

(1-888-435-3377)

For more information, visit

www.seniorsoralhealth.org

Aging and Disability Services

Aging and Disability Services (ADS)—the Area Agency on Aging for King County—plans, coordinates, and advocates for comprehensive services for older adults, family caregivers, and people with disabilities throughout Seattle and King County.

ADS is pleased to partner with the Washington Dental Service Foundation to bring you information about oral health.

For more information, call 206-684-0660 or e-mail aginginfo@seattle.gov.



Aging and Disability Services
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