

The Mighty Mouth Minute

**Good oral health is a critical part of your overall health.
Take a minute to learn how you can prevent oral disease.**

“Dry Mouth” can lead to serious oral disease

Some medications and health conditions, such as diabetes, can cause your mouth to become overly dry.

Symptoms of dry mouth:

- Frequent thirst, bad breath, cracked lips and sore throat

How dry mouth affects you:

- Causes painful and costly root cavities
- Leads to gum disease, which is linked to heart disease, stroke and diabetic complications

What to do if you have “dry mouth”

- Drink extra water (fluoridated water is best)
- Use a saliva substitute
- Chew sugarless gums and mints (especially those with xylitol, a natural sweetener that protects teeth).
- Protect your teeth with fluoride (rinses, toothpaste, varnish)
- Get regular oral health checkups
- Tell your dentist and physician that your mouth is dry



What you should avoid:

- Candy and cough drops (unless they are sugar free)
- High sugar drinks including juice, sports drinks and sodas (even diet)
- Drinks with caffeine or alcohol
- Tobacco

Your oral health is important: make sure you brush twice a day, floss daily, get regular oral health checkups, and choose healthy snacks.

**Unleash the power of oral health!
To learn more, visit SeniorsOralHealth.org**