

Oral Health Flags

Every Day

- Limit sweet snacks/drinks between meals.
- Brush twice daily with fluoride toothpaste.
- Floss daily.
- Drink fluoridated water.

Regularly

- Regular dental visits (determine schedule with your dentist)
- Discuss oral health at your annual medical exam, especially if you have oral pain, dry mouth, or are taking multiple medications.

Green Flags — All Clear



If you have:

- No oral health problems or pain
- Your own natural teeth are intact or your dentures fit correctly
- No problems eating a variety of foods

What this could mean ...

- You do not have “dry mouth” OR mouth dryness is managed with extra water, sugar-free gum, or sugar-free suckers.
- You are not having any oral health issues at this time.

Keep up the great work!

Yellow Flags — Caution



If you have:

- Persistent dry mouth, which can cause difficulty speaking or talking; absence or lack of pooling of saliva in mouth
- Problems with chewing or cheek biting
- An unexplained change in your mouth or throat, such as sores, swelling, or numbness, or if you have difficulty eating or swallowing that doesn't resolve within a few days
- Frequent bleeding gums
- Poor fitting dentures

What this could mean ...

- You may have “dry mouth,” which puts you at higher risk for dental cavities and gum disease.
- You may need a denture adjustment.

Improved home care (brushing and flossing) is advised.

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

Name:

Number:

Name:

Number:

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

Red Flags — Stop and Think



If you have:

- An area of persistent redness or soreness in your mouth
- Persistent bleeding gums
- Loose teeth
- Any lesion in your mouth (including lips, cheeks, tongue, and roof of the mouth)
- Discomfort that causes you to not wear your dentures at all or limits your ability to eat healthy solid foods

What this means ...

You need to be evaluated by a medical and/or dental professional right away.

Name:

Number:

If you notice a Red Flag, call your physician immediately.

Personal Health Record

Use pencil. Update on a regular basis.

My Name

Important Phone Numbers

Coach:	Phone
Primary Care Provider:	Phone
Dentist:	Phone
Hospital:	Phone
Caregiver (family/friend/neighbor):	Phone

My Health Goals

Medication & Supplement Record

	Name	Dose	How Often?	Reason
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				

Allergies

Including drug allergies

Questions for my Doctor

Issues & Concerns