

# Tips for Good Oral Health



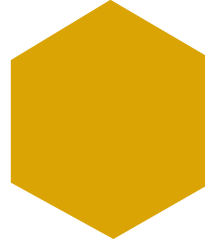
## Five Steps to a Healthy Smile

1. Brush your teeth twice a day using a soft bristled toothbrush and fluoride toothpaste.
2. Get a new toothbrush every 3 months.
3. Floss your teeth every day to clean between your teeth where a toothbrush can't reach.
4. See a dentist at least once a year, even if you have no natural teeth or wear dentures.
5. Drink plenty of water, chew sugarless gum, don't use tobacco products, and limit alcoholic drinks.

## Reasons to See Your Dentist at Least Once a Year

Your dentist can:

- Clean your teeth to remove stains and plaque
- Check for early signs of cancer in your mouth
- Check to make sure your dentures are fitting okay
- Find problems before they become serious and cause pain or infection
- Help prevent tooth loss due to loose teeth, cavities, infection, or gum disease
- Help to check for other medical problems, such as high blood pressure and diabetes
- Check for damage caused by bad habits such as chewing on ice, biting your nails, grinding your teeth, and smoking



## Specific Dental Concerns for Seniors

- Dry mouth. This can be caused by prescription medications or medical conditions. It may cause gum disease and tooth loss. Tell your dentist what medications you take.
- Dentures. Dentures that don't fit right can cause problems like gum inflammation and a sore mouth. Check with your dentist to make sure you dentures fit properly.
- Medical conditions. Some conditions linked with aging, like arthritis, can may make it hard to brush and floss. Ask your dentist if there are things you can do to make brushing and flossing easier.



### TIP:

Most dentists leave an emergency number on their answering machine message for you to call if you have a serious dental problem after their business hours.

## When to Contact Your Dentist with Concerns

- Chipped tooth
- Constant dull tooth pain
- Gums that bleed when you brush
- Red, tender, or swollen gums or sensitive teeth
- Cracked filling or a cap that comes off a tooth
- Problems with chewing or swallowing
- Changes in the way your dentures fit
- Sores in your mouth that don't heal
- Bad breath or a bad taste in your mouth that doesn't go away after brushing your teeth

*More Information and Resources on Back*

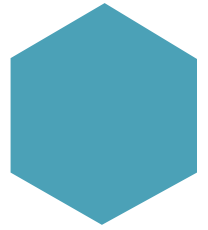


## When to Call Your Dentist Right Away and Not Wait

- Broken tooth
- Loose or knocked out tooth
- Bleeding that won't stop
- Very painful or throbbing toothache
- Swollen cheek or painful swelling in your cheek or neck
- White bump on your gum that's getting bigger

## When to Go to the Hospital Emergency Room

- When you are unable to reach your dentist after hours and have severe symptoms or pain
- Jaw fractures or dislocation
- Swelling that visibly spreads across the face and down the neck
- Serious tears, cuts, or punctures inside the cheeks, lips, or tongue
- Heavy bleeding in your mouth that won't stop
- If you have injured your head and also damaged your teeth or jaw



## Finding a Dentist

If you need help finding a dentist or are having problems getting an appointment with your dentist, please call Member Services at **1-866-431-0801** (toll free). TTY users call **1-800-627-3529** or **711** (toll free).

## Transportation Assistance

PrimeWest Health offers Non-Emergency Medical Transportation (NEMT) to and from dental appointments to qualified members for covered services. For more information, call your county of residence. If you have questions, call Member Services at **1-866-431-0801** (toll free). TTY users call **1-800-627-3529** or **711** (toll free).



## Oral Health Resources

- Learn the basics of good oral health: [www.mayoclinic.org/adult-health/in-depth/dental/art-20045536?p=1](http://www.mayoclinic.org/adult-health/in-depth/dental/art-20045536?p=1)
- Find out what you can do to have good oral health: [www.cdc.gov/oralhealth/basics/adult-oral-health/tips.html](http://www.cdc.gov/oralhealth/basics/adult-oral-health/tips.html)
- Learn what to do in a dental emergency: [www.mouthhealthy.org/en/dental-care-concerns/dental-emergencies](http://www.mouthhealthy.org/en/dental-care-concerns/dental-emergencies)

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**1-866-431-0801 (toll free); TTY 1-800-627-3529 or 711**

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ملاحظة: إذا أردت مساعدة مجانية لترجمة هذه الوثيقة، اتصل على الرقم أعلاه.

သတိ။ ဤတွဲရက်စာတမ်းအားအခမဲ့ဘာသာပြန်ပေးခြင်း အကူအညီလိုအပ်ပါက၊ အထက်ပါဖုန်းနံပါတ်ကိုခေါ်ဆိုပါ။

កំណត់សំគាល់ ។ បើអ្នកត្រូវការជំនួយក្នុងការបកប្រែឯកសារនេះដោយឥតគិតថ្លៃ សូមហៅទូរស័ព្ទតាមលេខខាងលើ ។

請注意，如果您需要免費協助傳譯這份文件，請撥打上面的電話號碼。

Attention. Si vous avez besoin d'une aide gratuite pour interpréter le présent document, veuillez appeler au numéro ci-dessus.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.

ဟ်သုဉ်ဟ်သးဘဉ်တက့ၢ်. ဖဲနမ့ၢ်လိဉ်ဘဉ်တၢ်မၤစၢၤကလိလၢတၢ်ကကျိးထံဝဲဒၣ်လံာ် တီလံာ်မိတခါအံၤန့ၣ်,ကိးဘဉ် လီတဲစိနီၢ်ဂံၢ်လၢထးအံၤန့ၣ်တက့ၢ်.

알려드립니다. 이 문서에 대한 이해를 돕기 위해 무료로 제공되는 도움을 받으시려면 위의 전화번호로 연락하십시오.

ໂປຣດຊາບ. ຖ້າຫາກ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ພຣີ, ຈົ່ງ ໂທໂປໂຍທິໝາຍເລກຂ້າງເທິງນີ້.

Hubachiisa. Dokumentiin kun tola akka siif hiikamu gargaarsa hoo feete, lakkoobsa gubbatti kenname bilbili.

Внимание: если вам нужна бесплатная помощь в устном переводе данного документа, позвоните по указанному выше телефону.

Digniin. Haddii aad u baahantahay caawimaad lacag-la'aan ah ee tarjumaadda (afcelinta) qoraalkan, lambarka kore wac.

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