



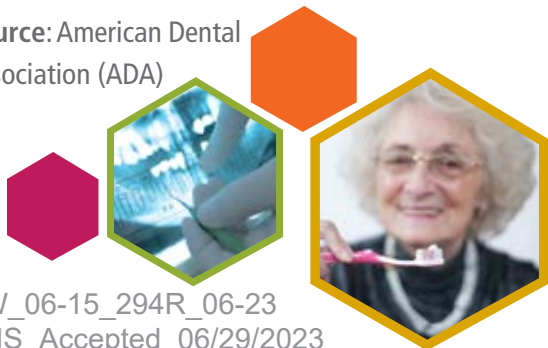
General information

Always show your PrimeWest Health membership card at the dentist's office. If you are not able to keep a dental appointment, call the dentist's office as soon as possible to reschedule.

If you need a ride to the dentist, call the PrimeWest Health Member Transportation Line at 1-866-814-6643. TTY users call 1-800-627-3529 or 711. These calls are free. Please call at least two business days before you need the ride.

For help finding a dentist, call PrimeWest Health Member Services at 1-866-431-0801. TTY users call 1-800-627-3529 or 711. These calls are free.

Source: American Dental Association (ADA)



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

Attention. If you need free help interpreting this document, call the above number.

Atención. Si desea recibir asistencia gratuita para interpretar este documento, llame al número indicado arriba.

Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi số bên trên.

注意：如果您在理解本文件时需要免费帮助，请拨打上述号码。

LB2 (10-20)



PrimeWest
HEALTH

ORAL HEALTH
for Adults

A healthy mouth is important! Look inside for information on the following:

- ✓ How to keep your mouth healthy
- ✓ The connection between oral health and overall health



Keep your mouth healthy

Follow these tips for good oral health.

- Brush your teeth 2 times a day with fluoride toothpaste.
- Floss your teeth once a day.
- Eat a balanced diet and limit snacks between meals.
- Limit the amount of soda pop you drink. It contains acid, which gradually eats away at your teeth. Diet soda pop and other sugary drinks like sports drinks can cause the same problems. Try other drinks like milk or water. If you do have sugary drinks, don't sip them for a long time. The longer you sip, the longer the sugar and acid can attack your teeth.
- Visit a dentist regularly for checkups and cleanings.



Have a successful dental visit

Going to the dentist makes some people uneasy. Here are some tips to help you relax the next time you visit your dentist:

- **Avoid caffeine and sugar before going to the dentist.** These can make you nervous and increase anxiety.
- **Make a conscious effort to relax.** Take deep, measured breaths and try to focus on something that calms you, like a favorite place, memory, or song.
- **Be in control!** Schedule your appointment at a time when you are most likely to be relaxed and not feel stressed or rushed. Talk to your dental providers about your concerns and arrange a signal that you can give if you are feeling uncomfortable. Ask to take a break if needed.

A healthy mouth is important and will help the rest of your body stay healthy, too.

Pay attention to your mouth! Your oral health and overall health are related.

Your oral health (the health of your mouth, teeth, and gums) and your overall health are much more connected than you may think. Sometimes, the first signs of disease show up as problems in your mouth. In other cases, infections in your mouth can cause problems in other areas of your body, such as your heart. Being aware of the connection between your mouth and the rest of your body can help you stay healthy!

The hormone connection

Women are at high risk for dental issues during puberty, pregnancy, menstruation, and menopause. This may be because of the way hormone levels affect the body. Gum disease during pregnancy has been linked to preterm delivery and low birth weight. Don't stop going to the dentist because you are pregnant!



The diabetes connection

If you have diabetes, look out for dry mouth, bleeding gums, and infections. These may be signs your blood sugar is not under control. Uncontrolled blood sugar can give bacteria in your mouth extra sugar to feed on, which can lead to cavities. Diabetes that is not well controlled can also reduce your white blood cell count. This makes you more prone to gum disease.

The heart disease connection

Many scientists believe there is a link between cavities, gum disease, and heart disease. They believe that the bacteria in your mouth and your body's response to it can contribute to heart disease.

Please note: People with heart disease may have special needs when it comes to dental care. At each appointment, give your dentist a full list of the names and dosages of all the medications you take. You should also give your dentist a list of the names and phone numbers of your other health care providers so they can work as a team.

