

Find Dental Care

Oral Health Resources

- ◆ Washington Information Network 2-1-1
Call 211, or visit www.win211.org
- ◆ Parenthelp123 resources page
<https://resources.parenthelp123.org/>
- ◆ Find an ABCD Dentist:
<http://abcd-dental.org/for-parent/find-an-abcd-dentist/>
- ◆ Community and Migrant Health Centers
<http://wacmhc.org/displaycommon.cfm?an=1&subarticlenbr=9>
- ◆ University of Washington Dental Clinics
<http://www.dental.washington.edu/patient/patient-care-guide.html-0>
- ◆ Free Clinic Association
<http://www.wafreeclinics.org/clinics.html>
- ◆ Washington Denturist Association
<http://www.wadenturist.com/findadenturist.aspx>
- ◆ Local CSHCN Coordinator
www.doh.wa.gov/Portals/1/Documents/Pubs/970-141-CoordinatorList.pdf
- ◆ Regional Maxillofacial Team
www.doh.wa.gov/YouandYourFamily/InfantsChildrenandTeens/HealthandSafety/ChildrenwithSpecialHealthCareNeeds/Partners/MaxillofacialTeams.aspx
- ◆ Washington Tobacco Quitline
www.quitline.com
- ◆ CSHCN Dentist Directory (UW)
<http://www.wsda.org/special-needs-directory/>
- ◆ Washington Health Benefits Exchange
<http://wahbexchange.org/>
- ◆ Washington Medicaid and Health Care Assistance
<http://www.hca.wa.gov/medicaid/pages/client.aspx>



For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 711).



Oral Health Care for Adults



Good health starts with a healthy mouth.



Preventing tooth decay and gum disease starts at home.

Brush with fluoride toothpaste twice a day after breakfast and before bed with a soft toothbrush. **Floss every night.**

Drink tap water that is optimally fluoridated. **Fluoride is safe**, effective, and keeps teeth strong.

Sweet and starchy foods may cause tooth decay. Eat these foods at meal time. In between meals, **snack on fresh fruits**, vegetables, cheese, or nuts.

Limit juice, soda (including diet), and sports drinks between meals.

Dry mouth can be caused by medications or health conditions and may lead to dental decay and difficulty in eating.

To relieve dry mouth, **use frequent sips** of fluoridated water, a saliva substitute product, or sugar-free lozenges. Let your dental provider, physician, or pharmacist know if you have dry mouth.

Avoid tobacco, alcohol, and recreational drugs. Smokers have more gum disease and oral cancer than non-smokers. Alcohol with smoking increases the **risk for oral cancer**. Meth use can lead to severe dental problems and complete tooth loss.

Visit a dental provider for dental exams and oral cancer screenings even if you have no teeth and wear dentures. Dental providers are available in private dental offices, community health clinics, schools, and mobile vans.

Healthy gums do not bleed. Bleeding is an early sign of gum disease. If you have bleeding gums, check your brushing and flossing, and visit a dental provider.

Untreated gum disease may be a risk factor for heart and lung disease, stroke, and diabetes.

Visit a dental provider before any radiation or chemotherapy treatments.