Find Dental Care

Oral Health Resources

Oral Health Care for Older Adults

- 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/findan-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/patie nt/patient-care-guide.html-0
- Free Clinic Association http://www.wafreeclinics.org/clinics.html
- **Washington Denturist Association** http://www.wadenturist.com/findadentu rist.aspx

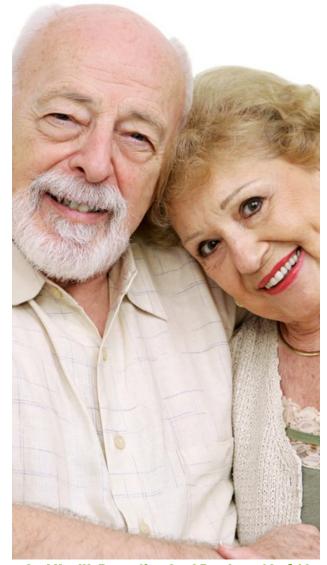
- Local CSHCN Coordinator www.doh.wa.gov/Portals/1/Documents/ Pubs/970-141-CoordinatorList.pdf
- **Regional Maxillofacial Team** www.doh.wa.gov/YouandYourFamily/Infa ntsChildrenandTeens/HealthandSafety/ ChildrenwithSpecialHealthCareNeeds/Partners/Maxillofa cialTeams.aspx
- **Washington Tobacco Ouitline** www.quitline.com
- **CSHCN Dentist Directory (UW)** http://www.wsda.org/special-needsdirectory/
- **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).



people in healthy places www.doh.wa.gov/healthycommunities



Oral Health Promotion Card Brochure 13 of 13

Good health starts with a healthy mouth.

Preventing tooth decay and gum disease starts at home.

Untreated gum disease may be a risk factor for heart and lung disease, stroke, and diabetes. Teeth with exposed roots get decay easily.

Dry mouth can be caused by medications or health conditions. It 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.

Brush teeth and gums twice a day with fluoride toothpaste, after breakfast and before bed with a soft toothbrush. Floss every night. Clean teeth, dentures, crowns, and bridgework daily with floss, toothpicks, or interdental brushes. Brush dentures/partials after each meal and soak overnight in water.

Drink tap water that is optimally fluoridated.

Fluoride is safe, effective, and keeps teeth strong.

Visit a dental provider for dental exams and oral cancer screening even if you have no teeth and wear dentures.

Dental providers are available in private dental offices, community health clinics, senior centers, and mobile vans.

Caregivers need to reinforce the daily oral hygiene of older adults who are unable to do it by themselves.

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.

Avoid alcohol and illicit drugs. Smokers have more gum disease and oral cancer than non-smokers. Alcohol with smoking increases the risk for oral cancer.