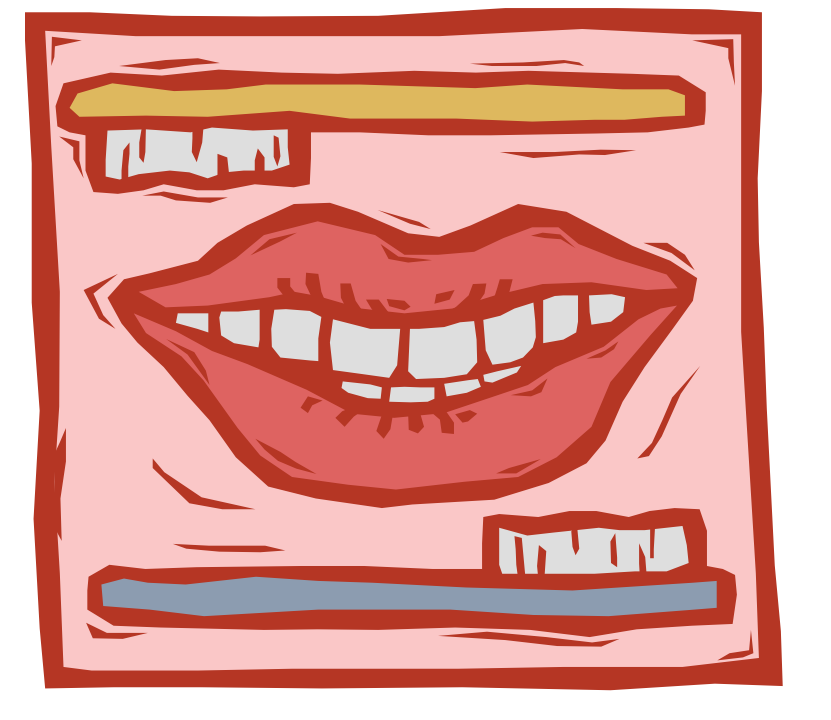




GOOD ORAL HEALTH



DID YOU KNOW THAT...

Brushing your teeth properly can help prevent gum disease and cavities.

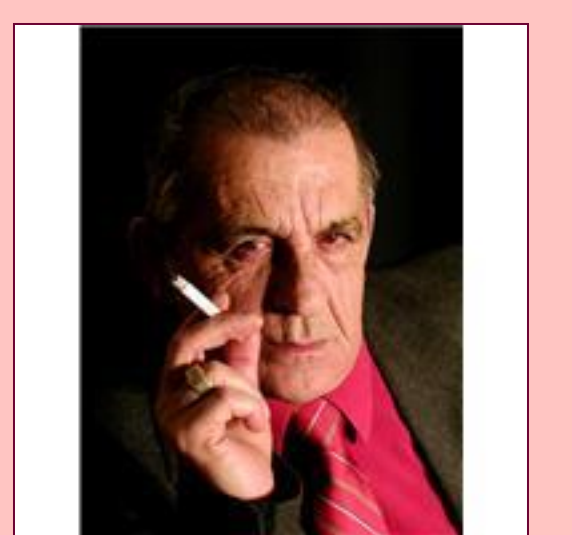


If you have arthritis, or trouble with your hands, there are things you can do to make it easier to care for your teeth and dentures.

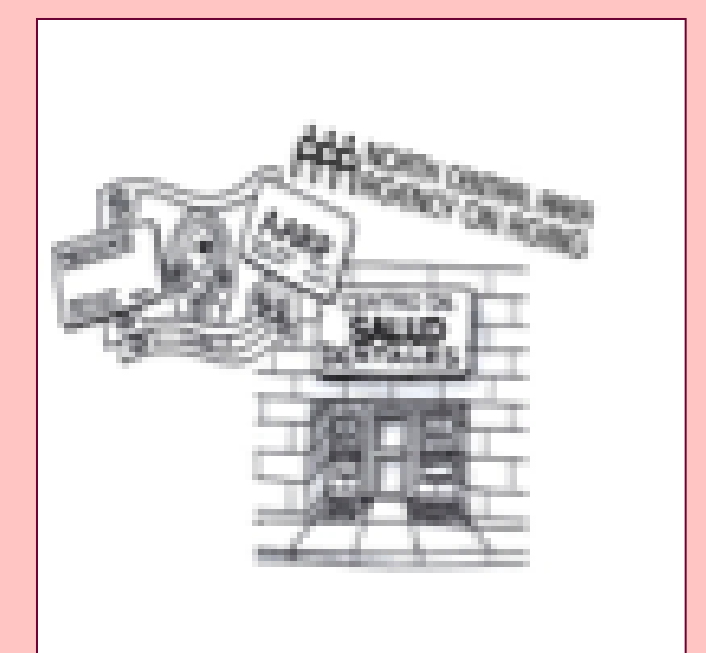
Your medications can affect your oral health. Some medications can contribute to dry mouth and make it easier to get sores in your mouth. Ask your doctor about how your medications may affect your teeth, gums and mouth.



Coffee, tobacco and some medications can stain your teeth and dentures. Brushing your teeth and cleaning your dentures can help remove stains and keep your mouth fresh.



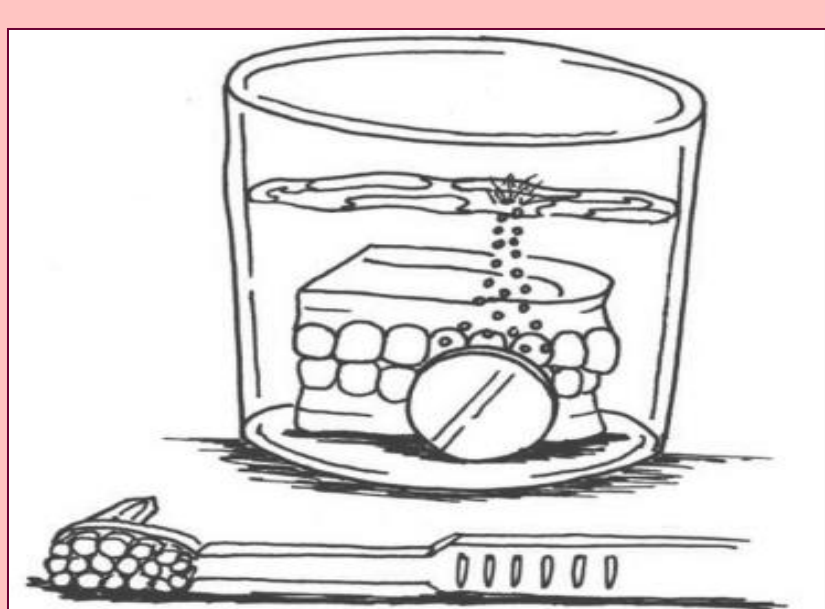
There is information available about how to help pay for your dental care. Some resources are: Community Health Center, local and state Dept. of Social Services, UCONN Health Center dental clinics, senior centers, the CT Dental Health Partnership and your primary care provider.



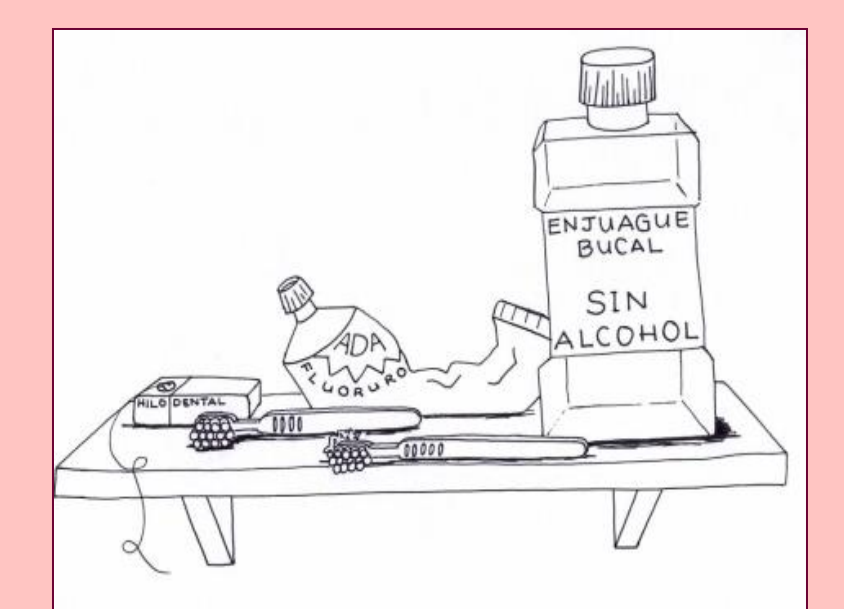
You might be at risk for oral cancer, especially if you use tobacco products and/or drink alcohol.



If you take care of your teeth, gums and mouth you can have better overall health.



GOOD ORAL HEALTH BEGINS AT HOME



Try to brush your teeth well at least twice a day and floss at least once a day.

Keep your dentures and partials clean for good oral health – clean them well, take them out at night to let your gums rest, soak them in water when you are not wearing them, and wear them regularly. If they hurt or don't fit well see your dentist.