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The Mighty Mouth Minute

**Good oral health is a critical part of your overall health.**

**Take a minute to learn how you can prevent oral disease.**

****“Dry Mouth” can lead to serious oral disease**

*Some medications and health conditions, such as diabetes, can cause your mouth to become overly dry.*

**Symptoms of dry mouth:**

* Frequent thirst, bad breath, cracked lips and sore throat

**How dry mouth affects you:**

* Causes painful and costly root cavities
* Leads to gum disease, which is linked to heart disease, stroke and diabetic complications

**What to do if you have “dry mouth”**

* Drink extra water (fluoridated water is best)
* Use a saliva substitute
* Chew sugarless gums and mints (especially those with xylitol, a natural sweetener that protects teeth).
* Protect your teeth with fluoride (rinses, toothpaste, varnish)
* Get regular oral health checkups
* Tell your dentist and physician that your mouth is dry

**What you should avoid:**

* Candy and cough drops (unless they are sugar free)
* High sugar drinks including juice, sports drinks and sodas (even diet)
* Drinks with caffeine or alcohol
* Tobacco

Your oral health is important: make sure you brush twice a day, floss daily, get regular oral health checkups and engage in smart snacking.

**Unleash the power of oral health!**

**To learn more, visit** [**TheMightyMouth.org**](http://www.themightymouth.org/)