

Tips to keep your asthma in check while promoting oral health

- ✓ Tell your dentist that you have asthma.
- ✓ Take your inhaler to your dentist appointments.
- ✓ Inform your dentist of all the asthma medications that you are taking and the dosage.
- ✓ After using an inhaler, rinse your mouth with water or a fluoride mouth rinse.
- ✓ Have your teeth and gums cleaned and checked by your dentist every 6 months.
- ✓ Brush for two minutes, two times per day using a soft-bristled toothbrush and fluoride toothpaste.
- ✓ Bleeding gums are not normal. If your gums bleed when brushing or flossing go see a dentist for an evaluation.
- ✓ Prevent plaque buildup between teeth by using dental floss once a day.

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The Oral Health Connection

Asthma & Oral Health



Did you know?

Did you know that dental caries (tooth decay) is the single most common chronic childhood disease?

5 times more common than asthma

7 times more common than hay fever



Moderate Dental Decay

Asthma medications

Asthma medications are a safe and effective way to control your asthma, and it is important that you take them as prescribed every day. However, several drugs that are used to treat asthma have side effects on your mouth and on your throat. For example, rescue inhalers can cause dry mouth (xerostomia).

Thrush



Thrush

Anti-inflammatory medications like corticosteroids can cause dry mouth as well, which can increase your risk for tooth decay. The medication may also lead to an oral yeast infection called “thrush” (candidiasis).

Why use a spacer?



Spacer

If possible, when using an inhaler with steroids, you should use a spacer, which is a plastic tube that is attached to the inhaler. Spacers make it easier for the medication to reach the lungs so less medication stays in the mouth and throat, which reduces the likelihood of irritation and infection.