

Healthy Mouth Tips – for Adolescents and Adults

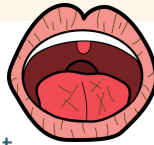
If you have HUSKY Health or Covered CT - you have Dental Insurance Benefits. Be sure to visit a dentist at least once a year. If you have questions about your benefits, call 855-CT-DENTAL (855) 283-3682 M - F, 8am - 5pm.

Brushing and Flossing



Use a toothbrush with soft bristles and a comfortable handle. Brush carefully at the gum line, the biting, front and back surfaces of your teeth. Use light pressure, brushing for two minutes. And don't forget to brush your tongue. Flossing cleans between your teeth and removes bacteria. Use gentle motions and if you need help, ask your dentist how to floss.

Dry Mouth



Dry mouth occurs when there is not enough saliva to keep your mouth moist.

Dry mouth can cause:

- difficulty tasting, swallowing or speaking
- mouth sores
- bad breath
- poorly fitting dentures
- yeast infections (thrush)

To relieve symptoms of dry mouth:

- sip water frequently
- reduce caffeine intake
- avoid mouth rinses that contain alcohol
- humidify sleeping areas
- coat lips with a lubricant
- brush and floss regularly

Eat Healthy



We all know that eating a healthy diet is important to your health. Eating a diet high in fruits and vegetables and low in sugar containing sodas and snacks is also good for your teeth. And, don't forget to drink plenty of water.

Risky Behaviors

If you are over 45, you are at greater risk for developing oral cancer. Oral cancer may start off painless but can develop quickly.

Avoid oral cancers, by avoiding:

- smoking cigarettes, cannabis
- chewing tobacco
- vaping
- drinking alcohol regularly
- mouth piercings



Dentures



If you have dentures, take care of them by keeping them clean. Rinse your mouth with warm water or water-based rinse before soaking your dentures. While they are soaking, brush your tongue, gums and roof of your mouth with a soft-bristled brush. See your dentist at least once a year to make sure your dentures are still fitting well.

See Your Dentist every Year or More Often if Recommended



When we think about oral health, we usually just think about brushing our teeth. But it is so much more! Having a healthy mouth means taking care of your gums, the roof of your mouth, cheeks and tongue.

It's never too late to improve or change your oral hygiene habits. Each time we do something to take better care of our mouths, your overall health can improve.

Need a dentist or need help making an appointment: call 855-CT-DENTAL (855) 283-3682 M - F, 8am - 5pm.
Hearing impaired members, please dial 711 for Relay Connecticut assistance. Language interpretation services available.