



Tips for your health and wellness because healthier happens together™.

Oral health tips for adults

Your teeth can last your entire lifetime. Follow these tips to make sure your mouth is healthy throughout all phases of life.

- Drink plenty of fluoridated water, to wash out some of the negative effects of sticky and acidic foods and beverages.
- Floss at least once a day.
- Use fluoride toothpaste.
- Always brush before going to bed.
- Use mouthwash to reduce the amount of acid in your mouth and clean those hard-to-brush areas in and around the gums.
- Visit your dentist at least twice a year, even if you have no natural teeth or have dentures.
- Don't use tobacco and alcohol. Reach out to the state's free Quit Line at **1-866-QUIT-YES** for resources on how to quit smoking.
- Eat a healthy diet.
- Chronic conditions like diabetes, cardiovascular disease and immune disorders can put you at risk for poor oral health if not controlled. Be sure to keep all appointments with your dentist and doctors to ensure your overall health.
- Some medications may cause dry mouth. Ask your doctor for a different medication that may not cause this condition. Over-the-counter dry mouth products can also work, if recommended by your dentist.
- Chew sugarless gum.



“Aetna Better Health® of Illinois wants to make sure everyone has the knowledge to learn good oral health habits.”

*Lakshmi Emory, MD, MPH
– Chief Medical Officer*



Oral health while pregnant

Oral health is important for pregnant women. Proper dental hygiene decreases the risk of having an early delivery and low birthweight babies.

Gums may be tender and can bleed easily during pregnancy. Talk to your dentist if you experience this. Stomach acids from vomiting can also damage teeth and cause cavities. If you are vomiting while pregnant, take these steps to clean your teeth:

- Rinse your mouth thoroughly with plain tap water to remove stomach acid from your teeth.
- Follow up with a mouthwash with fluoride or use a dab of toothpaste with fluoride on your finger and smear it over your teeth.
- Brush teeth as the last step and rinse well when done.
- Ask your Ob/Gyn to help make an appointment with a local dentist if you don't have one.

Haven't been to the dentist lately?

We're here to help. Contact Member Services at **1-866-329-4701 (TTY: 711)** for help scheduling an appointment with a dental provider in your area. Your dentist can provide more oral health care tips and can answer your questions.

[AetnaBetterHealth.com/Illinois-Medicaid](https://www.aetna.com/better-health/illinois-medicaid)



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