

Know the risks — prevent oral cancer.

Steps to an oral cancer exam:

Your dental provider will:

- 1) Ask you to remove your dentures if you wear them.
- 2) Look at and feel your face, neck, ears, and lips for any lumps. They will also feel under your chin and under both sides of your neck.
- 3) Look at and feel the inside of your lips and cheeks to check for red or white spots.
- 4) Ask you to stick out your tongue and look for red or white spots both on and under your tongue.
- 5) Check the roof of your mouth, the back of your throat, and the floor of your mouth.
- 6) Put a finger under your tongue and another finger under your chin and press down to check for lumps.

For more information on oral cancer, visit health.maryland.gov/oral-health.

Dental visit tips:

Tell your dentist what medical conditions you have and what medicines you take.

If you take blood-thinning medications, tell your dentist before your appointment.

Other conditions may require you to take an antibiotic before you undergo a dental procedure. Ask about this when you call to schedule your appointment.



MARYLAND
Department of Health

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English

Help is available in your language:
410-767-5300 (TTY: 1-800-735-2258).
These services are available for free.

Español/Spanish

Hay ayuda disponible en su idioma:
410-767-5300 (TTY: 1-800-735-2258).
Estos servicios están disponibles gratis.

Chinese

中文
用您的语言为您提供帮助: 410-767-5300
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Seniors face unique challenges in tending to their oral health.

Sometimes even brushing and flossing can be difficult, due to arthritis or other conditions.

Look for toothbrushes with large handles or attach the toothbrush to a larger object, such as a ball.

Have someone bend the toothbrush handle to make it more comfortable to hold.

Use an electric toothbrush for easier brushing.

Use a floss holder to help guide floss between your teeth.

Germs can stick not only to your teeth, but also to full or partial dentures.

Clean dentures daily, with a commercial cleanser.

Do not use toothpaste or household cleaners on dentures.

Brush and floss your remaining natural teeth daily.

Brush your gums, tongue, and palate with a soft-bristle toothbrush twice a day.

Do not sleep with dentures in.

Coping with dry mouth:

Chronic dry mouth is a side effect of several medications.

- Talk to your dentist if you have persistent dry mouth
- Drink plenty of water; even better if the water has fluoride
- Suck on sugar-free hard candy or chew sugar-free gum
- Use over-the-counter oral moisturizers, such as sprays or mouthwash
- Avoid dry-mouth irritants such as caffeinated drinks, alcohol, or acidic fruit juices
- Use a humidifier in your home to help keep moisture in the air