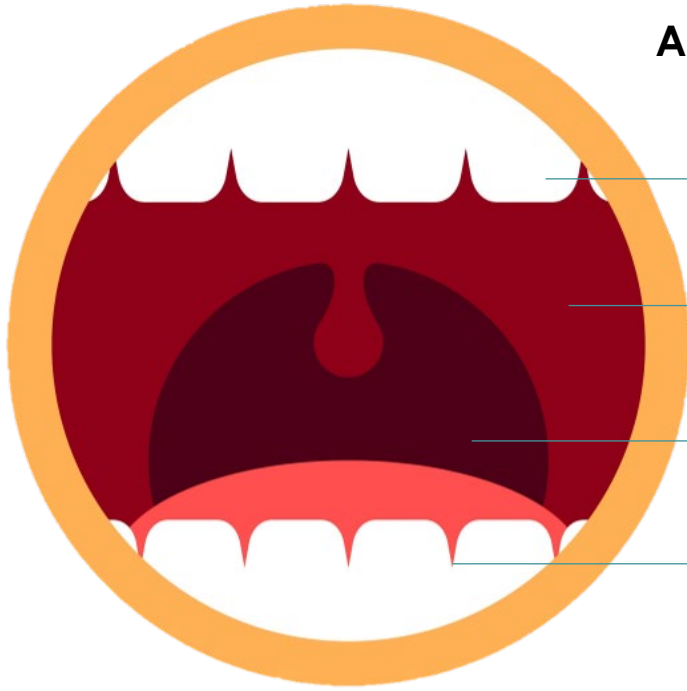


Asthma & Your Mouth

Some asthma and acid reflux medicines, and breathing through your mouth, can make your mouth dry.



A dry mouth can cause

Cavities

Mouth sores

Bad breath

Gum disease

How you can help your mouth



See your dentist every 6 months and tell them you have asthma. Make sure you keep your rescue inhaler with you, even at the dentist.



Brush with a fluoride toothpaste and floss every day.



See your doctor for help with your asthma, allergies and acid reflux.



Eat healthy foods and reduce stress in your life.



Rinse your mouth with water and spit it out after using a steroid inhaler. Drink lots of water.

To learn more about asthma:
Michigan.gov/asthmacontrol