

<p><b>Every Day:</b></p> <ul style="list-style-type: none"> <li>• Limit sweet/starchy snacks and sugary drinks between meals</li> <li>• Brush twice daily with fluoride toothpaste</li> <li>• Floss daily</li> <li>• Drink fluoridated water</li> </ul>	<p><b>Regularly:</b></p> <ul style="list-style-type: none"> <li>• Have a dental checkup! (Determine a schedule with your dentist)</li> <li>• Discuss oral health at your annual medical exam, especially if you have oral pain, dry mouth, or are taking multiple medications</li> </ul>
<p><b>Green Flags – All Clear</b> 🚩</p>	
<p><b>If you have:</b></p> <ul style="list-style-type: none"> <li>• No oral health problems or pain</li> <li>• Your own natural teeth are intact or your dentures fit correctly</li> <li>• No problems eating a variety of foods</li> </ul>	<p><b>What this means:</b></p> <ul style="list-style-type: none"> <li>• You do not have “dry mouth” OR mouth dryness is managed with extra water, sugar-free gum, or sugar-free hard candy</li> <li>• You are not having any oral health issues at this time.</li> </ul>
<p><b>Keep up the great work!</b></p>	
<p><b>Yellow Flags – Caution</b> 🚩</p>	
<p><b>If you have <u>any</u> of the following:</b></p> <ul style="list-style-type: none"> <li>• Persistent dry mouth, which can cause difficulty speaking or talking; absence or lack of pooling of saliva in mouth.</li> <li>• Problems with chewing or cheek biting</li> <li>• An unexplained change in your mouth or throat, such as sores, swelling, or numbness, or if you have difficulty eating or swallowing that doesn't resolve within a few days</li> <li>• Frequent bleeding gums</li> <li>• Poor fitting dentures</li> </ul> <p style="text-align: center;"><b>Improved home care (brushing and flossing) is advised.</b></p> <div style="background-color: #D3D3D3; padding: 5px; margin: 5px 0;"> <p>Call your doctor, nurse, or dentist if symptoms do not improve.</p> <p>Name:</p> <p>Number:</p> </div>	<p><b>What this means:</b></p> <ul style="list-style-type: none"> <li>• You may have “dry mouth,” which puts you at higher risk for dental cavities and gum disease (gums may appear red, swollen, and bleeding, and may be pulled away from the teeth).</li> <li>• You may need a denture adjustment.</li> <li>• You may need a dental check-up to prevent problems from developing and treating any problems before they become painful.</li> </ul>
<p><b>If you notice a Yellow Flag, work closely with your health care team.</b></p>	
<p><b>Red Flags—Stop and Think</b> 🚩</p>	
<p><b>If you have:</b></p> <ul style="list-style-type: none"> <li>• An area of persistent redness or soreness in your mouth</li> <li>• Persistent bleeding gums</li> <li>• Loose teeth</li> <li>• Any lesion in your mouth (including lips, cheeks, tongue, and roof of the mouth)</li> <li>• Discomfort that causes you to not wear your dentures at all or limits your ability to eat healthy solid foods</li> </ul>	<p><b>What this means:</b></p> <p style="text-align: center;"><b>This indicates you need to be seen by a physician or dentist right away.</b></p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p>Physician/Dentist:</p> <p>Number:</p> <p>Instructions:</p> <p>In an emergency situation: Call 911</p> </div>
<p><b>If you notice a Red Flag, call your health care provider immediately.</b></p>	

### Area Agency on Aging and Disabilities of Southwest Washington

At the Area Agency on Aging & Disabilities, we believe every adult deserves to live with dignity. We connect seniors, adults with disabilities and family caregivers to a full range of free and other community resources designed to offer you choice, improve your quality of life and respect your independence.

For more information, call Information and Assistance

**Clark County:** 360-694-8144—[iaclark@dshs.wa.gov](mailto:iaclark@dshs.wa.gov)

**Cowlitz and Wahkiakum Counties:** 360-577-4929—[iakelso@dshs.wa.gov](mailto:iakelso@dshs.wa.gov)

**Klickitat County:** Goldendale: 509-773-3757 White Salmon: 509-493-3068—[kcinfo@klickitatcounty.org](mailto:kcinfo@klickitatcounty.org)

**Skamania County:** 509-427-3990—[seniorsia@co.skamania.wa.gov](mailto:seniorsia@co.skamania.wa.gov)

[www.helpingelders.org](http://www.helpingelders.org)