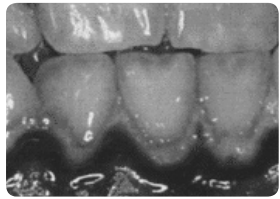
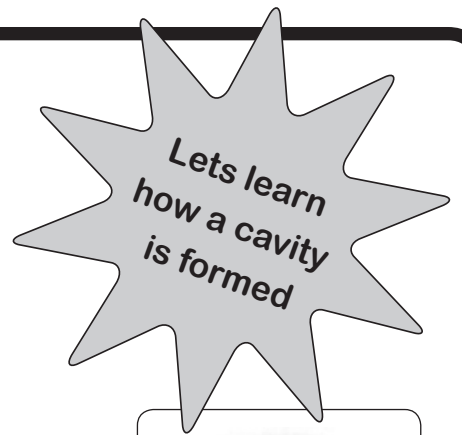


Asthma and Your Teeth



PLAQUE

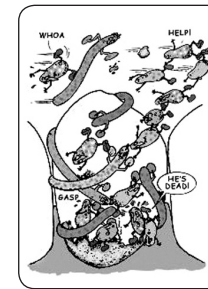


FOODS WITH SUGAR

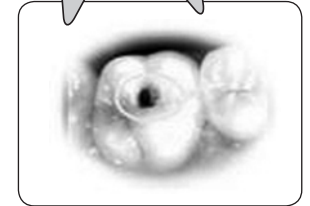


GERMS CAUSE CAVITIES

ACID



ACID ATTACKING YOUR TEETH



CAVITY TOOTH DECAY

FACTS

- Our bodies naturally fight decay by producing saliva which fights the acid.
- The asthma medication in the inhaler may decrease the amount of saliva in our mouths.

HOW TO FIGHT DECAY

- Brush twice a day with fluoride toothpaste and ask your dentist about using a fluoride supplement. Floss your teeth daily.
- Chew sugarless gum for 5 - 10 minutes, or rinse with water after an inhalation.
- Visit your dentist/hygienist every six months for a check up and cleaning. Tell them that you use an inhaler.
- Your inhaler should always be used with a spacer device. This will help the medicine from the inhaler to get into the airways, not your mouth.