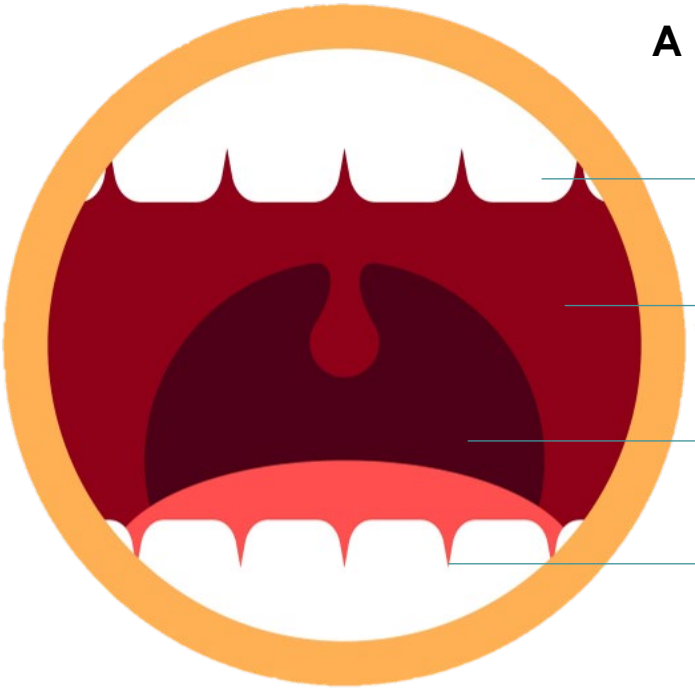
Asthma & Your Mouth

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.

Eat healthy foods and reduce stress in your life.

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

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

MDHHS
Michigan Department of Health & Human Services