

ORAL HEALTH TIPS

- Oral health is critical for general health and overall well-being. It is important for people who are living with HIV/AIDS (PLWHA) who are more prone to infections. Poor oral health care can weaken HIV treatment regimens, nutritional intake, and health outcomes.

The use of Antiretroviral therapy (ART) medication is shown to reduce the number of diseases and sores in the mouth. It may also cause dry mouth that is linked to higher rates of tooth decay, fungal, and bacterial infections.



To Help Improve Dry Mouth:

- ✓ Increase water intake
- ✓ Eliminate Tobacco use
- ✓ Choose foods that are low in sugar (including beverages)
- ✓ Salivary stimulants such as sugarless gum
- ✓ Mouth moisturizing products (Biotene)
- ✓ Daily oral hygiene that includes: flossing, brushing, and rinsing with a fluoride mouthwash (ACT)
- ✓ Use over the counter or prescription fluoride products
- ✓ See your dentist at least twice a year for routine care

The MI Dental Program covers 3 dental cleanings and professional fluoride treatments per year

Patient Education Tips:

- ✓ Brush 2-3 times per day with a soft brush
- ✓ Use non-abrasive toothpaste with fluoride
- ✓ Visit the dentist twice a year
- ✓ Get cleanings every 4-6 months
- ✓ Floss daily
- ✓ Avoid tobacco and excessive alcohol
- ✓ Limit sugar intake including sodas and energy drinks
- ✓ Denture wearers should see a dentist at least once a year



Dental and mouth problems can be painful including trouble chewing or swallowing. This may prevent people from eating healthy food or taking their ART medication.

Contact MDP for more information on enrollment at 1-844-648-3384 or visit:
michigan.gov/oralhealth