



Tips to keep your teeth healthy

- Explain how dental diseases affect your teeth and gums.
- Check for problems, such as cavities or gum disease (see next page to learn the signs of gum disease).
- Treat any problems you have with your teeth or gums.
- Teach you how to check for signs of gum disease at home.
- Provide care, such as a fluoride treatment, to keep your mouth healthy.
- Tell you how to treat problems, such as bleeding gums.

- Ask the best way to take care of your teeth at home.
- Ask how often to come in for a dental visit.
- Ask what to do if you start to have problems with your teeth or gums.
- Ask your dentist to send your exam results/treatment notes to your other doctors after every visit.

- Brush with a soft-bristled toothbrush at least two times a day, using toothpaste with fluoride.
- Floss once a day.
- Visit a dentist if you think you have gum disease.
- Limit food and drinks that are high in sugar.

- Limit sugary food and drink
- Keep regular dental appointments
- Talk with your dentist about fluoride treatments

- Start professional dental care when baby teeth begin to come in
- Don't pull on loose baby teeth
- Don't let your child run with anything in his or her mouth



Bleeding Disorders and You: Healthy Teeth Matter!

What Are the Signs of Gum Disease?

- Red, swollen, or bleeding gums.
- Gums pulling away from teeth.
- Sores on the gums.
- Loose teeth or change in bite or tooth position.
- Bad breath.

To-do List for Healthy Teeth

- ☐ Get a dental exam at least once a year.
- ☐ Keep your next dental appointment.
- ☐ Check your mouth for red and swollen gums, bleeding gums, loose teeth, a change in how your bite feels, or bad breath.
- ☐ Ask your dental provider if you are doing a good job of taking care of your teeth and gums at home.
- ☐ Ask your dentist to send your test results/treatment notes to your other doctors after every visit.
- ☐ Keep your mouth in a healthy, balanced state.

Setting Goals

When it comes to your oral health, what are you OK with? What would you like to change? Once you understand where you are, you can then set goals to get you where you'd like to be. In addition, if you are having difficulty finding a dentist, please contact your local HTC or the WVNHF for support. We are here to help!

TODAY

Brushing Routine _____ x day

Flossing Routine _____ x day

Dental Visit _____ x year

GOALS

Brushing Routine _____ x day

Flossing Routine _____ x day

Dental Visit _____ x year

Motivators: (eg, fewer amounts of bleeding gums)

Obstacles: (eg, no dental insurance)

- What motivators might help you achieve your goals?
- What obstacles might get in the way of achieving your goals?
- How many times did your gums bleed in the last week or month? How many fewer bleeds do you want to have?
- Your goal may be to have zero bleeding gums or fewer bleeding gums than you had last month or in the past 6 months. Talk with your healthcare provider to determine appropriate and realistic goals for you.

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