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## Dental Health

**Also called:** Oral health



It's important to take care of your mouth and teeth starting in childhood [<https://medlineplus.gov/childdentalhealth.html>] . If you don't, you could have problems with your **teeth** [<https://medlineplus.gov/toothdisorders.html>] and **gums** [<https://medlineplus.gov/gumdisease.html>] - like **cavities** [<https://medlineplus.gov/toothdecay.html>] or even tooth loss.

Here's how to keep your mouth and teeth healthy:


- Brush your teeth twice a day with a fluoride toothpaste
- Clean between your teeth every day with floss or another type of between-the-teeth cleaner
- Snack smart - limit sugary snacks
- Don't smoke or chew tobacco
- See your dentist or oral health professional regularly

*NIH: National Institute of Dental and Craniofacial Research*

## Start Here

- Oral Hygiene [<https://www.nidcr.nih.gov/health-info/oral-hygiene/>]  (National Institute of Dental and Craniofacial Research)  
Also in Spanish [<https://www.nidcr.nih.gov/espanol/temas-de-salud/la-higiene-oral>]
- Taking Care of Your Teeth and Mouth [<https://www.nia.nih.gov/health/teeth-and-mouth/taking-care-your-teeth-and-mouth>]  (National Institute on Aging)  
Also in Spanish [<https://www.nia.nih.gov/espanol/dientes/cuidado-dientes-boca>]

## Diagnosis and Tests


- Dental Exam [<https://medlineplus.gov/lab-tests/dental-exam/>]  (National Library of Medicine)  
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/examen-dental/>]
- Panoramic Dental X-Ray [<https://www.radiologyinfo.org/en/info/panoramic-xray>]  
(American College of Radiology; Radiological Society of North America)  
Also in Spanish [<https://www.radiologyinfo.org/es/info/panoramic-xray>]

## Treatments and Therapies

- Prevention of Infective Endocarditis Wallet Card [<https://www.heart.org/-/media/Files/Health-Topics/Infective-Endocarditis/Infective-Endocarditis-Wallet-Card.pdf>] (American Heart Association) - **PDF**

## Specifics

- Blood Thinners and Dental Care [[https://www.aaom.com/index.php?option=com\\_content&view=article&id=126:blood-thinners-and-dental-care&catid=22:patient-condition-information&Itemid=120](https://www.aaom.com/index.php?option=com_content&view=article&id=126:blood-thinners-and-dental-care&catid=22:patient-condition-information&Itemid=120)] (American Academy of Oral Medicine)



Taking on Teeth Grinding and Clenching: Halt Dental Damage and Jaw Pain [<https://newsinhealth.nih.gov/2021/12/taking-teeth-grinding-clenching>]  (National Institutes of Health)

Also in Spanish [<https://salud.nih.gov/recursos-de-salud/nih-noticias-de-salud/que-hacer-al-rechinar-y-apretar-los-dientes>]

## Statistics and Research

- FastStats: Oral and Dental Health [<https://www.cdc.gov/nchs/fastats/dental.htm>] (National Center for Health Statistics)

## Clinical Trials


- ClinicalTrials.gov: Dental Care [<https://clinicaltrials.gov/search?intr=%22Dental+Care%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Oral Health [<https://clinicaltrials.gov/search?intr=%22Oral+Health%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

## Journal Articles

### References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Periodontal health intervention for oral health-related outcomes in older type 2... [<https://www.ncbi.nlm.nih.gov/pubmed/40745361>]
- Article: Implementation of the OHS-interRAI for regular oral health assessments by non-dental... [<https://www.ncbi.nlm.nih.gov/pubmed/40713511>]
- Article: Community interventions improve diabetes management and oral health in type 2... [<https://www.ncbi.nlm.nih.gov/pubmed/40628879>]
- Dental Health -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Oral+Health%22%5Bmajr%3Anoexp%5D+OR+%22Oral+Hygiene%22%5Bmajr%3Anoexp%5D+OR+%22Dental+Care%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bdat%5D+AND+%28patient+education+handout%5Bpt%5D+OR+guideline%5Bpt%5D+OR+clinical+trial%5Bpt%5D%29++NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

## Find an Expert

- Find a Dentist [<https://www.agd.org/practice/tools/patient-resources/find-an-agd-dentist>] (Academy of General Dentistry)
- HRSA: Find a Health Center [<https://findahealthcenter.hrsa.gov/>] (Health Resources and Services Administration)
- National Institute of Dental and Craniofacial Research [<https://www.nidcr.nih.gov/>]   
Also in Spanish [<https://www.nidcr.nih.gov/espanol/>]


## Finance and Policy

- Where Can I Find Low-Cost Dental Care? [<https://www.hhs.gov/answers/health-insurance-reform/where-can-i-find-low-cost-dental-care/index.html>] (Department of Health and Human Services)

## Women

- Oral Health [<https://womenshealth.gov/a-z-topics/oral-health>] (Department of Health and Human Services, Office on Women's Health)  
Also in Spanish [<https://espanol.womenshealth.gov/a-z-topics/oral-health>]

## Older Adults

- Older Adults and Oral Health [<https://www.nidcr.nih.gov/sites/default/files/2023-12/older-adults-and-oral-health.pdf>]  
(National Institute of Dental and Craniofacial Research) - **PDF**  
Also in Spanish [<https://www.nidcr.nih.gov/sites/default/files/2023-12/las-personas-la-salud-oral.pdf>]
- Taking Care of Your Teeth and Mouth [<https://www.nia.nih.gov/health/teeth-and-mouth/taking-care-your-teeth-and-mouth>]  (National Institute on Aging)  
Also in Spanish [<https://www.nia.nih.gov/espanol/dientes/cuidado-dientes-boca>]

# Patient Handouts

- Dental care - adult [<https://medlineplus.gov/ency/article/001957.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001957.htm>]
- Dental plaque identification at home [<https://medlineplus.gov/ency/article/003426.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003426.htm>]



## MEDICAL ENCYCLOPEDIA

- Dental care - adult [<https://medlineplus.gov/ency/article/001957.htm>]
- Dental plaque identification at home [<https://medlineplus.gov/ency/article/003426.htm>]
- Dental x-rays [<https://medlineplus.gov/ency/article/003801.htm>]

## Related Health Topics

- Child Dental Health [<https://medlineplus.gov/childdentalhealth.html>]
- Dentures [<https://medlineplus.gov/dentures.html>]
- Gum Disease [<https://medlineplus.gov/gumdisease.html>]
- Orthodontia [<https://medlineplus.gov/orthodontia.html>]
- Tooth Decay [<https://medlineplus.gov/toothdecay.html>]
- Tooth Disorders [<https://medlineplus.gov/toothdisorders.html>]

## National Institutes of Health

The primary NIH organization for research on *Dental Health* is the National Institute of Dental and Craniofacial Research [<http://www.nidcr.nih.gov/>]

## Other Languages

Find health information in languages other than English [<https://medlineplus.gov/languages/dentalhealth.html>] on *Dental Health*

Your Smile (and Mouth) Can Tell You More Than You Might Think [<https://magazine.medlineplus.gov/article/your-smile-and-mouth-can-tell-you-more-than-you-might-think>]

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