

### **PREGNANT WOMEN:**

1. Tips for Good Oral Health During Pregnancy ([English](#)) ([Spanish](#))
2. A Healthy Smile for Your Baby - Tips to Keep Your Baby Healthy ([English](#)) ([Spanish](#))
3. Two Healthy Smiles: Tips to Keep You and Your Baby Healthy ([English](#)) ([Spanish](#))
4. Cavity Free at Three, [Prenatal and Child Oral Health Patient Education Pamphlets](#) (\*9 languages\*)

### **INFANTS & CHILDREN:**

1. A Healthy Smile for Your Baby - Tips to Keep Your Baby Healthy ([English](#)) ([Spanish](#))
2. A Healthy Smile for Your Young Child: Tips to Keep Your Child Healthy ([English](#)) ([Spanish](#))
3. AP Children's Oral Health [2017 National Children's Dental Health Month Resources](#)

### **FLUORIDE:**

1. National Maternal and Child Oral Health Resource Center, [Healthy Habits for Happy Smiles: Getting Fluoride for Your Child](#)
2. Centers for Disease Control and Prevention (CDC) FAQs: [Community Water Fluoridation](#)

### **OLDER ADULTS:**

1. American Dental Association (ADA), *Mouth Healthy*: [Adults Over 60](#)
2. Washington Dental Service: [Seniors Oral Health](#)
3. Oral Health America Tooth Wisdom: [Health Topics A-Z](#)

### **ORAL CANCER:**

1. American College of Physicians, Patient Facts: [Oral Health and HPV](#)
2. Oral Cancer Foundation: YouTube: (Videos) <https://www.youtube.com/user/OralCancerFoundation>
3. National Cancer Institute, [General Information About Oropharyngeal Cancer](#) (Patient version)
4. Center for Disease Control and Prevention (CDC): [HPV and Oropharyngeal Cancer](#)
5. Mouth Cancer Foundation, [HPV and Mouth Cancer Leaflet](#)

### **DIABETES / DEMENTIA / CARDIOVASCULAR:**

1. Oral Health America ToothWisdom.org: [Gum Disease & Its Link Throughout Your Body](#)
2. American College of Physicians (ACP) [ORAL HEALTH PATIENT FACTS: Diabetes / HPV / Older Adults in Spanish & English](#)
3. ADA *Mouth Healthy*: [5 Ways Diabetes Can Affect Your Mouth](#)
4. Journal of the American Dental Association Healthy For the Patient, [Diabetes and Oral Health](#)

Some diseases and/or medications cause Xerostomia, which can lead to an increase in tooth decay and root caries.

#### **5- Ways Diabetes Can Affect Your Mouth**

1. Gum Disease – gums bleed easily
2. Dry Mouth
3. Change in Taste
4. Infections
5. Slow Healing