Keep it vibrant and healthy with expert advice and personalized product recommendations.
A healthy smile is a beautiful thing.

Your smile is the gateway to good health and your greeting to the world. You have the power to protect it, preserve it and make it more vibrant than ever with the resources of Rite Aid on your side. We hope this guide will be helpful to you in caring for your family’s wellbeing. If you need more assistance or information, talk to our pharmacists and get personalized solutions. Stop in today. We love to see your smile.
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Brushing up on the basics.  
The basics of oral care.

Your smile reflects your good health. You want to protect it, so you can greet the world with full confidence. But you may need to brush up on a few basic points you haven’t thought about since childhood.

**Brush. Floss. Rinse.**  
**Repeat at least twice daily.**

It all begins with brushing with fluoridated toothpaste twice a day, plus cleaning between your teeth and rinsing once a day. You’ll get all the benefits of fluoride while removing plaque, a sticky film of bacteria that leads to cavities and gingivitis, the earliest stage of gum disease.

**Brushing**
1. Brush all of your teeth *and* your tongue thoroughly with a soft-bristled toothbrush.
2. Use short, gentle strokes and circular motion.
3. Do not over-brush, which can irritate your gums.
4. Replace your toothbrush every 3-4 months.

**Flossing**
Brushing doesn’t get every particle. So floss twice a day to clean between your teeth. Tired of cutting off the circulation in your fingers? Use a floss holder. Rite Aid also has cone
shaped brushes, sticks and picks that do the trick. These are great if you have braces, bridgework, implants or just don’t feel comfortable flossing.

Rinsing
Use an anti-cavity fluoridated rinse after breakfast in the morning and before you go to bed at night. By rinsing about every 12 hours, you give your mouth 24-hour protection against bacteria, plaque and gingivitis. You’ll also have fresher breath and a cleaner feeling mouth.

What’s the cost of poor oral care?
Allow plaque to build up and you risk serious periodontal disease, painful infections and missing teeth in your future. Plus some painful dentist bills.

Find your comfort zone.
You should have a dental exam at least once a year. Your dentist may recommend more frequent appointments based on your oral health. Find visits uncomfortable? Tell your dentist. Some dentists use music, TV, relaxation techniques and other methods to put your mind at ease. Ask around until you find the right dentist for your needs.

Should You Power Up?
Manual brushing and power brushing can both be effective, so the choice is yours. You may find the larger handle of a power brush easier to hold. And kids may find a power brush more fun to use, so they’ll brush more often. Go with a comfortable choice, so you’ll be motivated to brush.
Mind your mouth

Good health begins with proper oral care.
You know that poor oral care can damage your smile. But did you know that poor oral health has been linked to a host of serious problems throughout the human body? These conditions may include stroke, heart disease, blocked arteries and premature births. Your oral care affects more than just your mouth.

What is periodontal disease? The word periodontal means around the tooth. Healthy gums cling closely to the teeth. Periodontal infections eat away at tissue and bone, causing a gap to form between teeth and gums. That can lead to loose teeth, very painful toothaches and eventually, lost teeth. That’s why brushing, flossing, rinsing and paying daily attention to your mouth for early warning signs are all indispensable.

Monitoring your mouth. See your dentist if you notice any of the following symptoms:
- Bleeding, inflamed or swollen gums
- Gums that have receded
- Chronic bad breath
- Loose or gapping teeth
- Pus around teeth or gums
- Change in your bite or denture fit

Are you at increased risk? You may be at increased risk for periodontal disease if you:
- Suffer from diabetes, blood cell disorders or immune system issues
- Take certain medications (see page 10)
- Have defective bridges, fillings or dentures
- Are pregnant or using contraceptives
- Use tobacco products

Fighting back against plaque. You can arm yourself with the tools needed to win the battle. Ask your dentist or Rite Aid pharmacist to help you plan a realistic oral care regimen.
You probably know which foods are bad for your teeth. Sugary sodas, sticky candies, and abrasive salty snacks are just a few of the worst culprits. But if you choose the right foods in the right portions, you can actually chew your way to stronger teeth. Here are a few healthy choices.

**Whole Grains**
You need B vitamins and iron to help keep gums strong. Magnesium also strengthens your teeth and bones, and is a good source of fiber.

**High Fiber**
High-fiber items like raisins, brussel sprouts and almonds keep your saliva flowing, which helps create protective minerals.
Calcium
Choose skim and low-fat dairy products to strengthen teeth whether you’re young or old. If you have lactose or dietary issues, you can use supplements. You can also get calcium from certain leafy greens, fish, nuts and beans.

Take refuge in the pyramid.
The food pyramid has changed over the years. Go to www.usda.org to see today’s recommendations. It’s still the best blueprint for fueling your body and protecting your smile.

TIME TO KICK THE BOTTLE?

Bottled water is convenient and generally purer than tap water. But unlike most public water systems, the bulk of bottled waters don’t contain fluoride. It’s nature’s cavity fighting mineral and you need it in your diet.

Drinking bottled water on the run is fine. Just don’t make it your primary water source. If you drink it frequently, look for water that contains fluoride. Rite Aid has water filtration products for your home that preserve fluoride while removing impurities. So you can protect your smile, save some money, and even help the earth by cutting back on the plastic bottles.

Well water can leave you dry.
It often lacks the fluoride that public water systems supply. Test your well water and talk to your dentist or your child’s pediatrician about whether fluoride supplements are needed. You’ll find them at Rite Aid.
Maybe it’s your medications.

What may seem like diseases or conditions may be side effects.

Your mouth is always dry. Your teeth have become discolored. Or maybe your gums seem swollen and sore.

You may have serious oral care issues.
Always investigate that possibility first. But could your problem be a side effect from your medication? The answer is quite frequently: yes. Often, a medication change can take care of the problem.

Mouth always dry?
Antihistamines, painkillers, diuretics, antidepressants and hundreds of other medications can cause the common condition known as xerostomia.

Experiencing sores, inflammation or discoloration of tissue? Blood pressure medicines, contraceptives and chemotherapy can be the causes.
Bad taste in your mouth? Heart medications, stimulants, anti-inflammatory drugs and nicotine patches can contribute, as can some dental medications.

Bleeding for no reason? Aspirin, Heparin or Warfarin could be responsible.

Noticing discolored teeth? Tetracyclines used in early childhood may cause discoloration, while minocycline can affect the teeth of kids and adults alike. In severe cases, cosmetic treatments are available from your dentist. For mild to moderate discoloration, persistent self-treatment may be helpful. You’ll find a variety of whitening products and kits at Rite Aid.

Ask your Rite Aid pharmacist. When you get a new prescription, be sure to consult your pharmacist about side effects. Your Rite Aid pharmacist is always here to help.

Sensitive Issues.

Good advice for bad breath. Food stuck between your teeth is an obvious cause of halitosis. But tobacco, diet choices and even medications can be culprits. Brushing twice a day with a fluoridated toothpaste helps. And don’t forget to brush your tongue, floss and rinse.

Chronic bad breath may indicate medical problems, so ask your dentist or doctor.

Have yellowed, chipped or missing teeth? You might feel like you’ll never smile again. But there are solutions. Ask your dentist about your options.
Your Healthy Place

Health and happiness go hand in hand.
So turn to your Rite Aid Pharmacist for advice,
answers and personalized support.

We’re always here for you.