

FORGET

Being tired and hungry makes for sugary fast snacks more desirable practices

Sometimes during longer or larger consumption periods we can forget to eat or sleep or miss routine hygiene

Opting for sugar free snacks, drinks, or gum will help protect our teeth. Having damaged enamel with a lack of brushing can lead to tooth decay faster!

Carrying a travel tooth brush will make it easier to brush more often and is a good reminder

ACIDIC DRUGS

The smoke from crack, meth, or heroin is acidic. They are more acidic than cigarettes or vapors

Other things are acidic too, like diet sodas and some meds can cause these same issues.

Enamel is the protective layer on your teeth, the less enamel makes for faster tooth decay. Water restores the pH in your mouth! Rinse & drink water after you smoke

the acid alters the pH in your mouth and breaks down enamel

DRY MOUTH

Some drugs reduce the flow of saliva and cause a condition called "dry mouth." Dry mouth significantly increases the risk of tooth decay

Saliva is important because it:

- Reduces the amount of healthy bacteria in the mouth
- Neutralizes mouth acids that cause tooth decay
- Constantly repairs tooth enamel (the hard surface layer that protects the tooth) that has been damaged by acids. Called remineralisation
- Has a washing effect preventing food from sitting on teeth

STIGMA ROTS

We see the anti-drug narrative of stigmatizing language and misconceptions of "METH MOUTH" and drugs rotting teeth

STOP judging people on their teeth

A lot of these harmful stereotypes and false statements have more to do with inequity and lack of access to dental hygiene & care. Sometimes they can be avoided with education, access to hygiene, and care.

BURNS

Dry mouth reduces regular saliva production, which makes you more susceptible to burns and less able to fight infections

Glass pipes can be challenging to avoid lip burns! Use rubber mouth pieces to prevent burns!

Use chap stick or aloe on the burns to relieve pain. Polysporin can help reduce risk of infection

HARM REDUX TIPS

- Rinse your mouth out or drink water after smoking to re-set the pH in your mouth
- Chew sugar-free gum to encourage a steady flow of saliva and reduce teeth grinding
- Softly bite on mouth piece when smoking, this prevents the smoke from going over your teeth as often. A longer mouth piece may be helpful.
- Try to reduce or minimize your intake of alcohol & smoking when possible

PREVENTION

Prevention of Tooth & Gum Problems

- Avoid fizzy soft drinks, which are highly acidic & can erode tooth enamel. Drink fluoridated tap water instead.
- It is recommended to see a dentist 1-2 times a year ask your harm redux team for supportive programs in your community to access a dental care
- Cut back on sweet or sticky foods such as biscuits or lollies when possible.
- Pay attention to your tooth brushing & flossing habits. Try to clean your teeth thoroughly at least twice a day.
- Stay Hydrated! Drinking water helps your mouth restore its healthiest environment

TEETH IS DRUGS & ORAL HARM REDUX TIPS