



LIVING WITH SJÖGREN'S SYNDROME

& HOW TO TAKE CARE OF YOUR ORAL HEALTH

Signs/Symptoms

- Moderate to severe dry mouth
- Difficult swallowing
- Difficult chewing
- Easily get cavities
- Develop mouth sores easily
- Difficulty tasting
- Speech issues

Tips On Dealing With Dry Mouth

- Hydrate with water
- Always have water bottle with you
- Avoid sweetened drinks (even diet sodas, Gatorade, sweet tea)
- Include a fluoride mouth rinse in daily routine
- Avoid sugar containing candies
- Sugar-free chewing gum between meals

Products We Love

- Ice Chips™ (xylitol candies)
- ORBIT® Chewing Gum
- ACT® Mouthrinse Alcohol-Free
- Biotène® Moisturizing Spray
- Sonicare® tooth brush
- Sensodyne® Toothpaste
- Tom's Fluoride Toothpaste
- Waterpik® water flosser
- TePe Flossers

Sjögren's & Dental Treatment

- Often requires a prosthodontist
- Visit hygienist 3-4 times per year
- Avoid complete dentures
- Avoid partials
- Use dental implants to replace missing teeth
- More likely to get cavities around crowns/caps/fillings

When To Seek Help

- When you are first diagnosed with Sjögren's
- When you suspect you might have a problem
- When you feel like you can't keep up with cavities
- When you notice a persistent dry mouth

Affording Dental Treatment With Sjögren's

- Leverage your medical insurance
- Seek a prosthodontist that will work with your medical insurance and be your patient advocate
- Seek a prosthodontist that will tailor treatment to your Sjögren's condition and plan for the long run

How Can a Prosthodontist Help You

LEVERAGE YOUR MEDICAL INSURANCE TO HELP WITH THE COST OF YOUR DENTAL CARE

Sjögren's can present many difficult and expensive decisions about your dental care. At Ozark Prosthodontics, we provide complete dental care and are experts at navigating you through living with Sjögren's and affording the highest standard of care.