



Oral health and ADHD

Attention-deficit/hyperactivity disorder (ADHD) is a common disorder among children, though it is also becoming more common to receive an ADHD diagnosis as an adult. Here are some tips on managing ADHD while also maintaining a healthy smile.

SHARE WITH YOUR DENTIST

Some medications for ADHD can cause dry mouth, which may lead to tooth decay and gum problems. Make sure to tell your dentist about any medications or supplements you take, especially if you or your child have dry mouth. People with ADHD may also be more likely to grind their teeth. If you notice you grind your teeth while you sleep, ask your dentist about solutions, such as wearing a mouthguard at night to protect your teeth.

SET A ROUTINE

It can be tough for people with ADHD to stick to routines. One way to create a routine is by setting up reminders for daily and weekly tasks, including brushing your teeth. Use technology to your advantage by setting reminders. This can help keep you on track.¹

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**MEDICATIONS
MAY CAUSE
DRY MOUTH**



**STICK TO AN
ORAL HEALTH
ROUTINE**



**INVOLVE YOUR
DENTIST**

Oral health and ADHD (continued)



WATCH WHAT YOU EAT

Studies show that cutting down on sugar and simple carbs, while adding more protein, can help with focus.

Foods such as beans, eggs, cheese, lean meats and nuts are good for your brain and your overall health, including your teeth. Start your day with a healthy, protein-rich breakfast to give you energy and help you stay focused.

PLAN MEALS

Planning meals ahead of time is a good way to make sure you're eating healthy. Keep a list of foods you always need and add anything else based on the recipes you plan to make that week.

Eating fresh, low-fat foods that are rich in vitamins and minerals can help manage ADHD symptoms and keep your teeth healthy.

EXERCISE

Exercise can help build muscle and releases chemicals like dopamine, which may help you focus. Regular exercise can also help protect your teeth by reducing sugar cravings and boosting your immune system. Even a short walk can make a big difference!¹

*[Learn more about maintaining your oral health at **DeltaDental.com/us/en/protect-my-smile.html**](https://www.deltadental.com/us/en/protect-my-smile.html)*

¹<https://www.grinmag.com/2022-news/ways-to-manage-adhd-and-oral-health/>