Cavity-causing bacteria love a dry mouth

Spring pollen can cause sneezing, coughing and congestion. And don’t forget the puffy eyes, itchy nose and dry mouth.

When you’re stuffed up, you breathe through your mouth rather than your nose. So, your mouth ends up sticky and dry – a prime setting for the bacteria that causes cavities.

Allergies and asthma: A double whammy

Allergies and asthma often occur at the same time. And using an inhaler can also put you at risk for dry mouth, cavities and thrush.

The good news is, there are many ways to alleviate dry mouth and prevent oral problems.

Get tips to relieve dry mouth

Dig into allergies, asthma and your oral health