

Sparrow Hospital-acquired Pneumonia Kit Card Samples




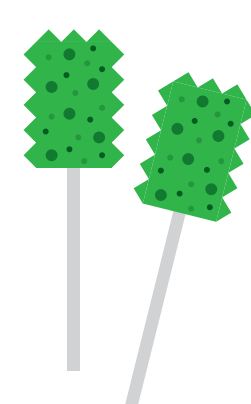


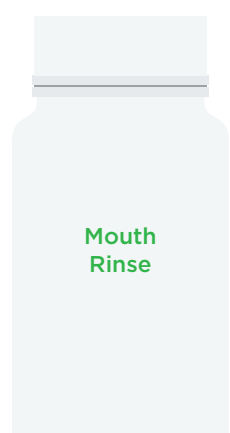
Brush Away Germs

Sparrow Health System and Delta Dental of Michigan have partnered to provide the tools you need to help prevent pneumonia. Your mouth has more than 700 types of germs, some of which can lead to pneumonia. One of the best ways to reduce the risk of pneumonia in the hospital is by taking care of your mouth. This includes brushing your teeth, using a mouth rinse and making sure your mouth doesn't get too dry.

Hospital-acquired pneumonia

 <p>2nd most common infection in the U.S. that occurs during a hospital stay</p>	 <p>Could add costs of more than \$40,000 per patient</p>	 <p>Adds 7-9 days to a patient's hospital stay</p>
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Your short-term care kit includes:

				
Soft toothbrush	Oral swabs	Mouth moisturizer	Baking soda toothpaste	Antiseptic mouth rinse



If you are having trouble spitting and/or swallowing, please ask your nurse about other oral health care options.



After you get out of the hospital, it's important to continue to:

 <p>Brush your teeth twice a day for two minutes</p>	 <p>Floss daily</p>	 <p>Replace your toothbrush every three to four months</p>
 <p>Visit your dentist regularly</p>	 <p>Eat a healthy diet, and limit sugary drinks</p>	 <p>Avoid tobacco</p>

A healthy mouth is important to your overall health!



For more information about oral health, visit: www.deltadentalmi.com