

MAINTAINING QUEER ORAL HEALTH (CONT'D):

Nutritional Tips (Cont'd):

- Consider stopping or limiting recreational drug use and consider its relationship with oral health.
- Avoid between meal snacking associated with cannabis & other recreational substances that cause dental decay.
- Use alcohol free mouth rinses; Alcohol rinses have shown to cause oral cancer and there is no evidence to suggest its use reduces STI contractions following sexual encounters!

Celebrating Queer Smiles

- We offer a range of cosmetic dentistry options for enhancing your smile
- The power of a confident smile has proven to increase self-expression and self-acceptance



At Big Gay Smiles, we are dedicated to providing you with the highest quality dental care while celebrating your unique identity and journey. Your smile is a symbol of your strength and authenticity, and we are honored to be your partners in maintaining your oral health. Together, let's create a world where everyone can

smile with pride!

Contact Us Today!

3 Washington Circle NW
Suite 402
Washington DC, 20037

Text/Call: (240) 842-3944

[www. BigGaySmiles.com](http://www.BigGaySmiles.com)



Big Gay Smiles: Your New Dental Home



At Big Gay Smiles, all are welcome no matter who you are. We would like to express our heartfelt gratitude for choosing us as your dental home and for being a part of our mission to promote queer oral health. By seeking care with us, you are actively contributing to a greater cause—the fight against HIV and AIDS.

We are proud to donate 10% of every visit to fund HIV treatments, research, and advocacy. Your support helps us make a difference in the lives of those affected by HIV, ensuring access to vital resources and advancing the pursuit of a cure.

Together, let's continue to build a community that not only celebrates big gay smiles but also works towards a future where everyone can smile without the burden of HIV. Thank you for being a part of this meaningful journey.

Smile With Pride,

Dr. Robbie & Mr. Tyler McKernan



Let us celebrate your Big Gay Smiles together!

Your smile is a powerful expression of who you are, and at Big Gay Smiles, we believe in celebrating the diversity within the queer community and its allies. This pamphlet is designed to empower you with knowledge about queer oral health and guide you towards maintaining optimal oral well-being. Get ready to discover the path to a radiant and confident smile!

UNDERSTANDING QUEER ORAL HEALTH:

Disparities and Challenges:

- Many barriers exist to access inclusive dental care for marginalized communities.
- Oral health disparities exist within the queer community
- Queer people have to overcome discrimination and stigma and often be their own advocates to achieve better health outcomes, including oral health!

Oral Health & Well-Being:

- There is a vital link between oral health and systemic health
- The impact of stress, mental health, and self-esteem can affect your smile
- Depression can affect dental hygiene care. We encourage our patients to seek therapy for mental health challenges and have a judgement free dental home in regards to any medication given to our beautiful patients.

MAINTAINING QUEER ORAL HEALTH:

Good Oral Hygiene Practices:

- Using a quality electric toothbrush twice a day for brushing can greatly improve your oral health! Consider using our Burst tooth brush to slay tooth decay.
- It's important to floss and/or use interdental cleaning devices like our Burst Water Flosser
- Choose alcohol free mouthwash for your rinses, and use prior to brushing your teeth with a fluoride toothpaste

Nutritional Tips:

- Nourish your smile with a balanced diet.
- Foods & beverages to limit or avoid for better oral health.
- Tobacco cessation support. Please let us know if you need access to resources.
- Moderate alcohol consumption for healthier teeth/gums.

