

# Health Literacy Guide for your Patients



As a dental provider you play a crucial role in improving the dental health literacy of patients. Effective communication and education can empower patients. They will be able to make informed decisions about their oral health.

Here are strategies you can use to teach your patients about their dental health:



## Use visual aids and resources

Avoid using jargon and technical terms. Instead, explain in a way the patient will understand

easily with the use of visual aids. Offer written materials that the patient can take home to better understand common dental procedures.



## Highlight oral health and overall health

Emphasize how oral health is linked to overall health. It is important to help the patient understand all the factors that

have an impact on dental health. Assist in their journey by offering health literacy that can improve their oral health status and better communication with you, their dentist.



## Personalized recommendations

Once a relationship is started with better oral health understanding, you can tailor your advice

and offer recommendations. Examples may include dietary choices, habits, or techniques that may help them with their oral health.



## Online resources

Your patient may want additional health care tips. You can recommend reputable online resources to help them be even more in-tune with their

oral health. The ADA has an [Action Guide for Health Literacy](#), and resources you can share with patients.



## Patient testimonials

Share success stories and testimonials from your past patients. This

can make a powerful statement about dental care for current and new patients in how dental health can improve your overall health.



## Community outreach

Get involved with the local community to build trust and visibility of your practice. You can also work with local organizations

to provide dental health tips through programs and workshops. This will raise awareness and promote better oral health practices.

By using these strategies, you can enhance the levels of patient education in dentistry. Plus, the outcomes of your patients will be improved. Patients will also feel a greater sense of personal responsibility.