



**The importance of
good oral care before,
during and after
cancer treatments.**

blue m  a leading oral care brand

Your mouth is one of the most sensitive parts of your body.

If you are undergoing cancer treatment, you may experience a variety of complaints. In addition to symptoms such as nausea and general malaise, you may also have to deal with changes and problems in the mouth.

Some chemos and radiation therapies have a significant impact on your oral health. Because of the intensive treatments, the bacterial flora in the mouth changes and there is a greater chance of problems. This requires different oral care: before, during and after the treatment process.

The side effects of cancer treatments can affect your mouth, teeth, and salivary glands, causing you to experience the following symptoms:

- Dry mouth (xerostomia)
- Painful mouth
- Bad breath
- Bleeding gums
- Reduced or changed taste.
Chemo can cause an unpleasant chemical or metallic taste.
- Oral fungal infection
- Mouth sores

Most cancer patients will have to deal at some point with **inflamed mucous membranes** (mucositis). This inflammatory reaction is caused by damage to the oral mucosa and is exacerbated by chemo or radiation. Mucositis is **painful** and **increases the risk of infections**.

Dry mouth is a regular occurrence in cancer patients who are being treated. In addition to feeling uncomfortable, it reduces the mouth's defensive function. Sufficient saliva is essential for your mouth to function correctly. Reduced saliva production can cause problems with talking, swallowing, eating and drinking.



Oral problems not only affect your mouth, but can also reduce overall immunity. For example, many people have to deal with **malnutrition** during their treatment process. Fortunately, this can partly be prevented by keeping the mouth and mucous membranes in optimal condition. With a healthy mouth, eating and drinking becomes easier and food tastes better.

It is therefore extra important to take good care of your mouth during the treatment period, reducing the risk of unpleasant side effects during and after your treatments.



4 steps to take care of your mouth during treatment

1 Inform

Inform your dentist and/or dental hygienist about your treatment plan, medication and possible side effects. Talk to each other as soon as possible and schedule a check-up appointment. Preferably before your cancer treatment starts.

2 Prevent

Make sure your mouth is in optimal condition before you start the treatment:

- visit your dentist for a cleaning and check-up.
- brush with an extra soft toothbrush
- rinse preventively with blue®m oxygen fluid to prevent irritation.

3 Recover

Apply blue®m oral gel to sores in your mouth and rinse with blue®m oxygen fluid. The dental chewing gum stimulates saliva production, which works wonders if you experience a dry mouth. blue®m dental gum can also help keep your mouth moist. **If symptoms persist or get worse, contact your health care professional.**

4 Maintain

Keep brushing and rinsing according to instructions. Be as gentle as possible and visit the dental practice more often. You can also stimulate saliva production with blue®m dental gum.

For instructions on how to use the blue®m products, please refer to the instructions in the packaging.



Manon & Silvia

“The blue[®]m products have helped Manon a lot in her final stage of life.”

Blue[®]m products can also offer comfort to patients in the palliative phase of treatment. Silvia Verhoef, dental assistant in Abcoude, lost her 26-year-old daughter Manon to cancer.

“Before my daughter Manon died of cancer in 2018, an oral hygienist advised her to start using blue[®]m. She said that blue[®]m works very well for cancer patients, because it can cure or even prevent inflammation in the mouth. blue[®]m’s oxygen fluid and toothpaste have helped Manon a lot. Despite the heavy chemo treatments, she fortunately never suffered from inflammation, so she was able to enjoy good food until her last day.”

[Read her full story on \[bluemcare.com/stories/interview-oncology\]\(https://bluemcare.com/stories/interview-oncology\)](https://bluemcare.com/stories/interview-oncology)



our mission



It is our mission to help as many people as possible who suffer from mouth problems

We do this in the footsteps of our founder, oral surgeon Peter Blijdorp. His most important goal for his patients: the fastest possible recovery with the least possible pain. He was extremely dedicated to help people and solve their problems with the benefits of 'his' oxygen.

Team blue®m has taken over from him. From its head office in the Netherlands, the team works every day, with passion, to create a better and healthier world.

Take good care of your mouth

Daily use of blue[®]m oxygen fluid and oral gel, medical devices based on active oxygen, supports the condition and balance in the oral cavity.



Wound gel in a of acute problems in the mouth. Accelerates wound healing and is easy to apply. Helps quickly!



The ultra soft toothbrush has been specially developed for sensitive mouths.



Oxygen Fluid, a gentle mouthwash with active oxygen. Nourishes and moisturises the oral mucosa.



Toothpaste with active oxygen improves the condition of the gums.



Dental chewing gum with xylitol and manuka honey helps to stimulate saliva.

Discover our full range of award winning oral care essentials that recover and recharge your oral health. Professional oral care for day-to-day life. bluemcare.com



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