

How a **Healthy Mouth** Can Help Your **Whole Body**



Did you know that staying on top of your oral health can actually help you prevent other diseases? It's true!

Oral health and other diseases

Studies have shown a connection between good oral hygiene and a reduction in medical care costs for coronary artery disease, strokes, diabetes, premature births, respiratory disease, arthritis, and breast cancer.*

Risk Factors

75% of adults over **35** suffer from periodontal disease.

Other factors that increase your risk of periodontal disease:

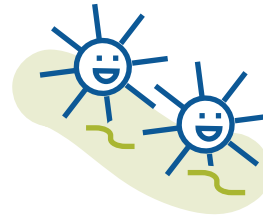
Smoking | An unhealthy diet | Obesity | Men are more likely to have gum disease than women | Pregnancy hormonal changes can magnify the severity of gum disease

How Gum Disease Can Lead to Heart Disease or Stroke

Bacteria gets into the bloodstream through weakened gums and blocks arteries causing blood clots and potential heart attacks or strokes.



Bacteria attacking gums



Bacteria in bloodstream



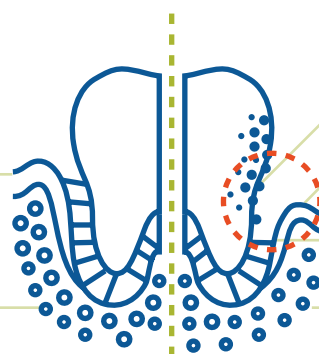
Bacteria forming clots

Spotting Gum Disease

Gum disease can be hard to recognize, but regular dental checkups will help ensure your dentist spots it before it gets severe.

Healthy Tooth/Gums

Pink gums
No signs of bleeding
Healthy bone levels



Periodontitis

Plaque
Inflamed, red gums
Deepening pocket
Reduced bone level

Avoiding Gum Disease

Overall, people with gum disease are more likely to have a chronic systemic condition. While some risk factors may be out of your control, here are some tips for avoiding gum disease:



Brush teeth two times per day, but not too vigorously.



Floss daily.



Eat a healthy diet.



Get regular dental checkups and cleanings.