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.

### 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.

### 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.

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*Aetna/Columbia University study published in 2012.*