

Total health begins *with oral health.*

THERE IS A STRONG LINK BETWEEN YOUR ORAL HEALTH AND OVERALL HEALTH.

Some of the earliest signs of diabetes, cancer and immune disorders can be seen in the gums, teeth and tongue – at times before you begin to notice other symptoms.

Problems in your mouth can effect the rest of your body.

Your oral health may contribute to various diseases and conditions, including:

Cardiovascular disease
Research suggests that heart disease, clogged arteries and stroke may be linked to the inflammation and infections that oral bacteria can cause.

Endocarditis
This is an infection of the inner lining of your heart (endocardium) or heart valves. It occurs when bacteria or other germs from another part of your body, such as your mouth, spread through your bloodstream and attach to damaged areas of your heart.

Pregnancy and birth
Periodontitis in mothers has been linked to premature birth and low birth weight.

Vice versa, certain chronic conditions can affect your oral health, including:

Diabetes
Diabetes lowers the body's resistance to infection – putting your gums at risk. Gum disease is more frequent and severe among people with diabetes.

Osteoporosis
Osteoporosis causes bones to become weak and brittle – which may be connected with periodontal bone and tooth loss. Drugs used to treat osteoporosis carry a small risk of damage to the bones of the jaw.

What can you do to practice and protect good oral health?

- Brush your teeth at least twice a day with fluoride toothpaste.
- Floss daily.
- Avoid tobacco use.
- Schedule regular dental checkups and cleanings.
- Eat a healthy diet and limit between-meal snacks.
- Replace your toothbrush every three to four months or sooner, if your bristles are frayed.

Contact your dentist as soon as you notice an oral health problem. Taking care of your oral health is an investment in your overall health.

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